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Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators

August 2001



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Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators

August 2001

Compiled by:

Lora Wilder

Food and Nutrition Information Center
Information Research Services Branch
National Agricultural Library
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Introduction

This publication is a compilation of educational and background resources for those working with various ethnic/cultural groups. Background materials provide information about customs and cultural influences of groups and information on developing multicultural skills. Some background materials cover the health and nutritional status of groups; however, this is not a major emphasis of this publication. Also included are articles from professional journals on educational interventions with various groups. The practical materials, in English and other languages, cover a wide range of topics including nutrition, food safety, food preparation, food composition, and food-related terminology. They are geared for use in a variety of situations including community, school, patient and staff educational settings. Formats include videos, kits, models, graphics, CD-ROMS, books and booklets, and online documents. Sources of additional information, including government and educational organizations which produce items that can be ordered, are listed in the last section.

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For purposes of this publication, each item has been placed in one of the following categories though many items contain information that covers more than one topic:

- I. Background**
 - A. Books, Book Chapters, and Booklets**
 - B. Journal Articles**
 - C. Full-Text Online Background Information**
- II. Journal Articles on Food and Nutrition Interventions with Various Ethnic and Cultural Groups**
- III. Practical Materials**
 - A. Items in the NAL Collection**
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 - B. Full-Text Online Items**
- IV. Additional Contacts and Sources of Information**

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I. Background

A. Books, Book Chapters, and Booklets

Alaska Native Food Practices, Customs, and Holidays

Karen Halderson

Diabetes Care and Education Dietetic Practice Group of the American Diabetes Association
Chicago IL: American Dietetic, c1998. 28 p.

CALL NO: E99.E7 H219 1998

Description: Part of the Ethnic and Regional Food Practices Series, this booklet provides a look at the foods and food practices of Alaska natives to allow the professional to offer clients effective, culturally appropriate counseling and nutrition education. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

Cajun & Creole Food Practices, Customs, and Holidays

Colette Guidry Leistner

Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association
Chicago, IL: American Dietetic Association; Alexandria, VA : American Diabetes Association, c1996. 40 p.

CALL NO: RC662.L45 1996

Description: Part of the Ethnic and Regional Food Practices Series, this booklet provides information on Cajun and Creole food habits and health beliefs that will help dietitians provide culturally appropriate nutrition counseling and diabetes education to clients and their families from southern Louisiana. Includes popular and traditional recipes.

Cajun Foodways

C. Paige Gutierrez

Jackson, MS: University Press of Mississippi, c1992. 149 p.

CALL NO: GR111.F73G85 1992

Description: Discusses the relationship between Cajun food and Cajun ethnic identity. It is a description and interpretation of the symbolic aspects of Cajun ethnic foodways, based on field research in Louisiana and written from the perspective of folklore studies and cultural anthropology. The purpose of the book is to explore how foodways convey meaning for a particular ethnic group, and to interpret the nature of the messages expressed regarding ethnic identity.

Celebrating Diversity: Approaching Families Through their Food. Rev. ed.

Darby Eliades Graves and Carol West Sutor

Arlington, VA : National Center for Education in Maternal and Child Health, 1998. 70 p.

CALL NO: RA784.G73

Description: Helps nutrition educators to communicate nutrition information effectively to people of diverse cultures and language backgrounds.

Chinese-American Food Practices, Customs, and Holidays

Grace Lau, Kee Maggie Ma, Alice Ng

Diabetes Care and Education Dietetic Practice Group of the American Diabetes Association
Chicago, IL: The American Dietetic Assoc., c1998. 40 p.

CALL NO: RC662.C465 1998

Description: Part of the Ethnic and Regional Food Practices Series, this booklet covers traditional food and health beliefs, food practices and customs, the influence of American food habits, implications of current dietary practices, and culturally appropriate nutrition counseling practices with special emphasis on the dietary management diabetes. Includes modified popular and traditional recipes.

Counseling the Culturally Different: Theory and Practice, 3d edition

Derald Wing Sue and David Sue

New York: J. Wiley & Sons, c1999. 368 p.

CALL NO: BF637.C6 S85

Description: Primarily geared to mental health professionals, this book discusses effective multicultural counseling and therapy, culturally appropriate intervention strategies, multicultural family counseling and therapy. Has sections on counseling African Americans, Asian Americans, American Indians, Alaskan Natives, Hispanic Americans, gays and lesbians, women, the elderly, and persons with disabilities.

Cultural Foods: Traditions and Trends

Pamela Goyan Kittler and Kathryn P. Sucher

Belmont, CA: Wadsworth/Thomson Learning, c2000. 531 p.

CALL NO: TX725.A1 K545

Description: Explores the cuisine of Native Americans, Europeans, Africans, Latinos, Asians, Southeast Asians, Pacific Islanders, Asian Indians, and the people of Greece and the Middle East, as well as the menus common to different regions of the United States, and the traditional fare of the major eastern and western religions.

Filipino-American Food Practices, Customs, and Holidays

Virginia S. Claudio

Chicago, IL: American Dietetic Association; Alexandria, VA: American Diabetes Association, c1994. 38 p.

CALL NO: RC662.C53 1994

Description: Part of the Ethnic and Regional Food Practices Series, this booklet gives a brief historical background on the Philippines. Discusses regional influences on cooking, traditional food practices and customs, traditional beliefs about food and health, diabetes among Filipino Americans, and the nutritional implications of current dietary practices. Designed for use by dietitians and other health professionals who provide diet counseling to individuals with diabetes and their families.

Food in China: A Cultural and Historical Inquiry

Frederick J. Simoons; maps by Mary Beth Cunha

Boca Raton: CRC Press, 1991. 559p.

CALL NO: GT2853.C6.S56

Description: This book is a study of Chinese food from a cultural and historical perspective. The historical focus is on traditional China of the nineteenth and early twentieth centuries, before the establishment of the People's Republic.

Food and Culture in America: A Nutrition Handbook. 2nd edition

Pamela Goyan Kittler and Kathryn P. Sucher

Belmont, CA: West/Wadsworth, c1998. 535 p.

CALL NO: TX357.K5

Description: Explores ethnic, regional, and religious foods from both a culinary and nutritional perspective. Outlines traditional cuisines and adaptations made by new immigrants to North America. Has sections on Native Americans, Europeans, Africans, Latinos, Asians, Southeast Asians and Pacific Islanders, people of Greece and the Middle East, and Asian Indians. Contains a glossary of ethnic ingredients.

Hispanic Foodways, Nutrition, and Health

Diva Sanjur

Boston: Allyn and Bacon, c1995. 336 p.

CALL NO: TX361.H57.S265 1995

Description: Reviews sociodemographic data, migration patterns, economic, health, and nutritional concerns of the Hispanic population in the United States. Discusses the persistence of ethnic effects on food habits and the role of women in nutrition; details dietary strengths and weaknesses among various Hispanic groups; examines diet-related disease and obesity as present-day problems among certain segments of the Hispanic population; presents a discussion of the Dietary Guidelines and their application to the Hispanic diets; demonstrates how to reach Hispanics through diet counseling and nutrition education; and provides useful techniques and approaches for assessing food intake among Hispanics.

Hmong American Food Practices, Customs, and Holidays

Joanne P. Ikeda

Chicago, IL: The American Dietetic Association; Alexandria, VA: American Diabetes Association, c1999. 27 p.

CALL NO: RC662 .I34 1999

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional Hmong food and health beliefs, traditional and current food practices, holiday food customs, and the implications of current dietary practices. Summarizes recommendations for the dietary management of diabetes. Includes modified popular and traditional recipes.

Indian & Pakistani Food Practices, Customs, and Holidays

Padmini Balagopal, et al

Diabetes Care and Education Dietetic Practice Group of The American Dietetic Association Chicago, IL : American Dietetic Association, 2000. 32 p.

CALL NO: RC662.I53 2000

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional foods and health beliefs of people from India and Pakistan, as well as current food practices by religion and region of origin. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

Intervention Strategies for Special Groups

Cheryl Achterberg, Brenda Eissenstat, and Sharon Peterson

p247-261, in Cardiovascular Nutrition: Strategies and Tools for Disease Management and Prevention

Penny Kris-Etherton and Julie Burns, editors

Chicago, IL: American Dietetic Association, c1998. 307 p.

CALL NO: RC669.C2875 1998

Description: This chapter includes information on cardiovascular and nutrition-related strategies that have been successfully adapted for Alaskan Natives, African, Asian, and Mexican-Americans.

Jewish Food Practices, Customs, and Holidays. 2nd ed.

Catherine Higgins

Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association Chicago IL.: The Association, c1998. 26 p.

CALL NO: RC662.J48 1998

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses Jewish dietary laws in relation to holidays and other celebrations, with special emphasis on the dietary management of diabetes. Includes modified popular and traditional recipes.

Mexican American Food Practices, Customs, and Holidays, 2nd ed.

Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association Chicago IL.: The Association, c1998. 30 p.

CALL NO: In process

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional food and health beliefs, traditional and current food practices, holiday food customs, and the implications of current dietary practices. Summarizes recommendations for the dietary management of diabetes.

Multicultural Clients: A Professional Handbook for Healthcare Providers and Social Workers

Sybil M. Lassiter

Westport, Conn.: Greenwood Press, c1995. 197 p.

CALL NO: RA418.5.T73L37

Description: Each chapter discusses a specific cultural group with reference to styles of communication, socialization patterns, religious beliefs and practices, culturally based health beliefs and practices, cultural dietary patterns, and other issues. Groups discussed include African Americans, Arab Americans, Chinese Americans, Cuban Americans, East Indian Americans, Filipino Americans, German Americans, Haitian Americans, Irish Americans, Italian Americans, Japanese Americans, Jewish Americans, Korean Americans, Mexican Americans, and Vietnamese Americans.

Navajo Food Practices, Customs, and Holidays. 2nd ed.

Karen Bachman-Carter, Roberta M. Duncan and Suzanne Pelican

Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association
Chicago IL: American Dietetic Association.; Alexandria, VA: American Diabetes Association, c1998. 28 p.

CALL NO: RC662.P45 1998

Description: Part of the Ethnic and Regional Food Practices Series, this booklet provides information on culture, diet among the Navajo Indians who live on or near the Navajo reservation encompassing a 25,000-square-mile area that extends into New Mexico, Arizona, and Utah. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

Northern Plains Indian Food Practices, Customs, and Holidays

Diabetes Care and Education Dietetic Practice Group of the American Dietetic Association
Chicago IL.: The Association, c1999. 41 p.

CALL NO: In process

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional food and health beliefs, traditional and current food practices, holiday food customs, and the implications of current dietary practices. Summarizes recommendations for the dietary management of diabetes.

Overcoming Communication Barriers in Patient Education

Helen Osborne

Gaithersburg, MD: Aspen Publishers, 2001. 65 p.

CALL NO: R118.O83 2001

Description: A guide to teaching patients who speak little or no English, come from other cultures, have visual or hearing impairment, or poor reading skills.

Preventive Nutrition Issues in Ethnic and Socioeconomic Groups in the United States,
Shiriki K. Kumanyika and Susan M. Krebs-Smith, p. 325-356, chapter 19, in Primary and Secondary Preventive Nutrition

Adrienne Bendich and Richard J. Deckelbaum, editors.

Totowa, N.J. : Humana Press, c2001. 465 p.

CALL NO: RM217.P75 2001

Description: This book chapter describes the variation in food and nutrient intakes among U.S. minority populations as well as by socio-economic status. It also compares dietary quality relative to dietary guidelines.

Soul and Traditional Southern Food Practices, Customs, and Holidays

Cathryn Boyd Burke, Susan P. Raia

Chicago, IL: American Dietetic Association; Alexandria, VA: American Diabetes Association, c1995. 29 p.

CALL NO: RC662.B87 1995

Description: Part of the Ethnic and Regional Food Practices Series, this booklet discusses traditional practices, beliefs, and customs as well as current food practices and customs. Special emphasis is given to the dietary management of diabetes. Includes modified popular and traditional recipes.

The Taste of American Place: A Reader on Regional and Ethnic Foods

Barbara G. Shortridge and James R. Shortridge, editors.

Lanham, Md. : Rowman & Littlefield, c1998. 298 p.

CALL NO: TX715.T2127 1998

Description: Compilation of articles examining the culture, ethnicity, socioeconomics, geography, and demography of American food. It draws on the folklore and social history of foods.

B. Journal Articles

A comparison of dietary trends among racial and socioeconomic groups in the United

States. Barry M. Popkin, Anna Maria Siega-Riz, and Pamela S. Haines. *New England Journal of Medicine*, 335:716-20. 1996.

CALL NO:448.8 N442

Abstract: We developed comparable measures of diet and of the consumption of macronutrients and food groups for 6061 participants in the 1965 Nationwide Food Consumption Surveys, 16,425 in the 1977-1978 Nationwide Food Consumption Surveys, and 9920 in the 1989-1991 Continuing Survey of Food Intake by Individuals (all conducted by the U.S. Department of Agriculture). The primary outcome was the score (range, 0 to 16) on the Diet Quality Index, a composite of eight food-and-nutrient-based recommendations from the National Academy of Sciences. A score of 4 or less was considered to indicate a relatively more healthful diet, and a value of 10 or more a relatively less healthful diet. Overall dietary quality improved in all groups, from a mean score of 7.4 in 1965 to 6.4 in 1989-1991. In 1965, blacks of low socioeconomic status and, to a lesser extent, whites of low socioeconomic status had better diets than whites of high socioeconomic status. By the 1989-1991 survey, the differences among racial and socioeconomic groups had narrowed. In 1965, 9.3 percent of whites of low socioeconomic status, 16.4 percent of blacks of low socioeconomic status, and 4.7

percent of whites of high socioeconomic status had mean scores of 4 or less. In the 1989-1991 survey, the respective percentages were 19.9, 23.5, and 20.0. Fat consumption decreased in all groups. The consumption of fruits and vegetables varied little over time except for an increase among blacks of medium and high socioeconomic status. The consumption of grains and legumes increased over time among whites of medium and high socioeconomic status and declined among blacks of low socioeconomic status. In 1965, there were large differences among groups in dietary quality, with whites of high socioeconomic status eating the least healthful diet, as measured by the index, and blacks of low socioeconomic status the most healthful. By the 1989-1991 survey, the diets of all groups had improved and were relatively similar.

Acculturation and Dietary Practices among Korean Americans. Soo-Kyung Lee, et al. *Journal of the American Dietetic Association*, 99:1084-1089, 1999.

CALL NO: 389.8 Am34

Abstract: Objective: Examine variation in dietary practices and nutritional intakes of Korean Americans at different acculturation levels. Design: Cross-sectional mail survey. Subjects/Setting: US national sample of 348 Korean Americans (46% of the Korean American sample to whom questionnaires were delivered). Statistical Analysis Performed: Analysis of variance, Pearson correlation, Spearman rank correlation, chi 2 test, and multiple regression analysis. Results: Korean Americans who were more acculturated consumed more American food and less Korean food. American foods such as oranges, low-fat milk, bagels, tomatoes, and bread were consumed regularly by Korean Americans; Korean foods such as rice, kimchi, garlic, green onions, and Korean soup were also consumed regularly. American foods were adopted the most at breakfast and the least at dinner. Bicultural people regularly incorporated more different types of foods into their diet. Despite significant differences in dietary practices, dietary quality did not vary by acculturation status. Applications/Conclusions: Acculturation was influential in the dietary patterns of Korean Americans. Specific information about Korean diet related to acculturation status can be used by dietitians who work with Korean Americans. Dietitians can benefit from gathering and applying specific information about Korean diets and diets of other ethnic groups; they also need to recognize the changing nature of dietary patterns as acculturation occurs.

Cultural Aspects of African American Eating Patterns. Collins O. Airhihenbua, et al. *Ethnicity and Disease*, 1:245-260. 1996.

Abstract: Focus group interviews were used to explore cultural aspects of eating patterns among low- and middle-income African Americans recruited from an urban community in Pennsylvania. In total, 21 males and 32 females, aged 13-65+ years were recruited using a networking technique. Participants identified eating practices commonly attributed to African Americans and felt that these were largely independent of socioeconomic status. They were uncertain about links between African American eating patterns and African origins but clear about influences of slavery and economic disadvantage. The perception that African American food patterns were characteristically

adaptive to external conditions, suggest that, for effective dietary change in African American communities, changes in the food availability will need to precede or take place in parallel with changes recommended to individuals. Cultural attitudes about where and with whom food is eaten emerged as being equivalent in importance to attitudes about specific foods. These findings emphasize the importance of continued efforts to identify ways to increase the relevance of cultural context and meanings in dietary counseling so that health and nutrition interventions are anchored in values as perceived, in this case, by African Americans.

Empowerment: a food guidance process for cross-cultural counseling. Ann A. Hertzler, et al. *Journal of Family and Consumer Sciences*, 87:45-50. 1995.

CALL NO: TX1.J7

Abstract: None available

Everybody eats. Connie Evers. *School Foodservice and Nutrition*, 52:34-36. 1998.

CALL NO: LB3475.A1S3

Abstract: This article offers ideas for making school cafeterias centers for multicultural nutrition education. It encourages: 1) working with teachers and administrators to become involved in classroom lessons by offering ethnic foods that reinforce the curriculum; 2) becoming an expert in diversity; and 3) finding resources that will support multicultural education in school food service operations.

Food usage among Mexican-American, Cuban, and Puerto Rican adults: Findings from the hispanic HANES. M.F. Kuczmarski, R.J. Kuczmarski, and M. Najjar. *Nutrition Today*, 30:30-37. 1995.

CALL NO: RA784.N8

Abstract: The growing numbers of Hispanics in the United States have motivated federal agencies to document the ethnic diversity of their food patterns and nutrient intakes as a basis for developing culturally appropriate interventions, counseling strategies, and educational materials. The authors delineate the main characteristics of eating patterns of the three main groups of Hispanics assessed by the National Center for Health Statistics.

Implications of qualitative research for nutrition education geared to selected Hispanic audiences. Kim M. Gans, et al. *Journal of Nutrition Education*, 31:331-338. 1999.

CALL NO: TX341.J6

Abstract: None available

Increasing cultural competence for effective client counselling: an experimental course. Caroline H. Fee. *Journal of Nutrition Education*, 30:117-119. 1998.

CALL NO: TX341.J6

Abstract: None available

In the face of diversity: modifying nutrition education delivery to meet the needs of an increasingly multicultural consumer base. Debra Palmer Keenan. *Journal of Nutrition Education*, 28:86-91. 1996.

CALL NO: TX341.J6

Abstract: This paper critiques the appropriateness of current methods of nutrition education delivery in light of the increasing number of multicultural participants in nutrition education programs. Values regarding time, authority and trust, competition and independence, science and religion, and language impact education and generally differ between Caucasians and people from other cultures. This critique discusses these differences in terms of how they impact nutrition education effectiveness. Recommendations to decrease educational ethnocentrism are made.

Insights into South Asian culture: food and nutrition values. Satnam K. Sekhon. *Topics in Clinical Nutrition*, 11:47-56. 1996.

CALL NO: RM214.T66

Abstract: North America is home to many different ethnic groups and is often referred to as a multicultural society. This article focuses on the South Asian immigrant, specifically Hindus, Moslems, and Sikhs. Dietary laws dictated by the main religions are noted. Knowledge of food patterns and familiarity with the dietary customs of ethnic groups will help dietitians provide culturally sensitive nutrition counseling. Practical ways of obtaining this knowledge are explored.

Model for multicultural nutrition counseling competencies. Edna Harris-Davis and Betsy Haughton. *Journal of the American Dietetic Association*, 100:1178-1185. 2000.

CALL NO: 389.8 Am34

Abstract: A model for multicultural nutrition counseling competencies for registered dietitians was developed and tested. Registered dietitians who were members of The American Dietetic Association Public Health Nutrition Practice Group or directors of dietetic internships and didactic programs in dietetics were selected by a stratified random sample method and were mailed a survey. Respondents rated each of 46 competencies using a Likert scale to delineate how essential each competency will be for entry-level dietitians in the next 10 years. The resulting model is a guideline that can be used by educators to enhance dietetics education and training and by public health nutritionists as a basis for self-evaluation and selection of continuing education opportunities to enhance their multicultural nutrition counseling competence.

Multicultural competence in dietetics and nutrition. Katharine R. Curry. *Journal of the American Dietetic Association*, 100:1142-43. 2000.

CALL NO: 389.8 Am34

Abstract: None available

Nutrition education for Black elders: A strategic approach for delivery. Penny A. Ralston and Nancy Cohen. *Journal of Nutrition Education*, 31:230-234. 1999.

CALL NO: TX341.J6

Abstract: This paper examines nutrition education for current and emerging cohorts of Black elders. Three contextual factors affecting nutrition education for Black elders are discussed, including diversity of the older Black population, historical and cultural influences, and barriers to educational programming. In light of these contextual factors, six strategic principles are presented that provide a central organizing mechanism and process for nutrition education programming for Black elders.

Preventing obesity in American Indian children: When to begin. Jean Harvey-Berino, et al. *Journal of the American Dietetic Association*, 100:564-566. 2000.

CALL NO: 389.8-Am34

Abstract: None available

Recommendations for health care providers working with native families. Jennie R. Joe and Sophie Frishkopf. *Healthy Weight Journal*, 13:75-76. 1999.

CALL NO: RC628.O24

Abstract: None available

Recursos en Espanol: Suggestions for meeting the health and nutrition education needs of Hispanic and immigrant families. Jennifer Clark and Carolyn J. Hoffman. *Topics in Clinical Nutrition*, 13:73-82. 1998.

CALL NO: RM214.T66

Abstract: Using culturally appropriate resources for educating Hispanic community members is important because Hispanics are a significant proportion (12%) of the U.S. population and are the fastest growing minority group in the United States. Research on immigrants and migrants is limited, but a common diagnosis reported in the Hispanic Health and Examination Survey is diabetes mellitus. Twice as many Hispanics die of diabetes as do non-Hispanic populations. There is also a prevalence of overweight. Mexican-American women have a 50% prevalence of overweight. The purpose of this article is to help nutrition educators and other health care providers become aware of resources available to assist them in providing culturally relevant nutrition counseling and education to Hispanic clients and their families. Suggestions for interaction with Hispanic clients are given, and specific resources, organized by type of publication, are provided to aid the professional.

Say what. Ann Friedland. *School Foodservice and Nutrition*, 54:50-54. 2000.

CALL NO: LB3475.A1S3

Abstract: This article describes how four school food service directors provided training for their employees who speak only limited English, in such a way to ensure they know how to do their jobs; and understand and can comply with necessary regulations and procedures. It includes examples of embracing diversity, innovative answers, time management, and multilingual kitchens.

Transcultural food habits travel courses: an interdisciplinary approach to teaching cultural diversity. Marie Fanelli Kuczmarski and Ronald P. Cole. *Topics in Clinical Nutrition*, 15:59-71. 1999.

CALL NO: RM214.T66

Abstract: Dietetics and hospitality professionals need to respond to the trend toward global diversity by becoming culturally competent. Increasing individual consciousness of cultural diversity improves the possibilities to provide culturally competent care and services. By developing interdisciplinary courses focused on food and culture, educators can provide experiences that require students to examine and solve problems using knowledge from many different disciplines. This article describes the development of an interdisciplinary food habits travel study course that exposed students in dietetics and hospitality management to diverse cultural and social groups that they may encounter in their professional careers.

What's your IQ on cross-cultural nutrition counseling. Marcia H. Magnus. *The Diabetes Educator*, 22:57-60, 62. 1996.

CALL NO: RC660.A1D522

Abstract: None available

C. Full-Text Online Information

Asian American and Pacific Islander Workshops Summary Report on Cardiovascular Health

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/prof/heart/other/aapi_sum.htm

Description: Presents recommendations for improving heart health from two Asian American and Pacific Islander (AAPI) strategy development workshops held in Molokai, Hawaii and San Francisco, California in 1998. Includes health profiles and ethnographic interviews on food habits and physical activity. Information on ordering print copies is on the same web page. View online in PDF format or order a print copy.

Building Healthy Hearts for American Indians and Alaska Natives: A Background Report

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/prof/heart/other/na_bkgd.pdf

Description: Provides a comprehensive overview of cardiovascular disease in the American Indian and Alaska Native population, including epidemiology, perceptions of health, descriptions of existing programs, relevant theoretical models, and recommendations for program planners.

Cultural Diversity: Eating in America Fact Sheets

Ohio State University Extension

Description: Provides information about food habits and preparation techniques as well as teaching tips.*

African American <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5250.html>
Amish <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5251.html>
Appalachian <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5252.html>
Asian <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5253.html>
Hmong <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5254.html>
Mexican-American <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5255.html>
Middle Eastern <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5256.html>
Puerto Rican <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5257.html>
Vietnamese <http://www.ag.ohio-state.edu/~ohioline/hyg-fact/5000/5258.html>

*For discussion of the development and evaluation of these fact sheets, see:
“Cultural Diversity: Eating in America.” Cheryle Jones Syracuse. *Journal of Nutrition Education*, 30:178B, 1998.

CALL NO:TX341.J6

EatEthnic.com

<http://www.EatEthnic.com/>

Description: Provides recipes and information about food practices and customs, religious dietary practices and more on multiple ethnic and cultural groups.

Holiday Food Traditions <http://www.EatEthnic.com/holidays.htm>

Religious Food Practices <http://www.EatEthnic.com/Religious%20Foods.htm>

Food, Culture, and Nutrition Resources and Materials

<http://www.EatEthnic.com/resources.htm>

Eating Disorders Information Sheet: At Risk: All Cultural and Ethnic Groups

The National Women’s Health Information Center

U.S. Department of Health and Human Services

<http://www.4woman.gov/BodyImage/bodywise/bp/At%20Risk.pdf>

Description: Designed to raise awareness that disordered eating behaviors can occur among all ethnic groups. It highlights findings from recent studies and provides suggestions on how to discourage disordered eating and promote early detection of eating disorders among students.

Eating Disorders Information Sheet: Latina Girls

Office on Women’s Health

U.S. Department of Health and Human Services

<http://www.forwoman.org/BodyImage/Bodywise/uf/Latina%20Girls2.pdf>

Description: Designed to raise awareness of disordered eating among Latina girls. Includes suggestions for promoting positive body image and healthy eating behaviors among Hispanic students.

Ethnic Foodways in Minnesota

University of Minnesota

<http://www.agricola.umn.edu/foodways/>

Description: Contains cross-cultural counseling guidelines, information on the meaning of foods

and concepts of health and wellness among African-, Hmong-, Mexican/Hispanic/Latino/Latina- and Native-Americans. Also contains an extensive list of resources on such topics as food culture, nutrition counseling, cooking, and spirituality.

In a Different Voice: Reaching Minority Audiences

International Food Information Council

http://www.ific.org/proactive/newsroom/release.vtml?id=17803&PROACTIVE_ID=cecfcfbc9cecbac9c5cecfcfbc5cecf9cfcbcdc9c6cecf6c5cf

Description: Discusses issues to consider when planning nutrition education for minority audiences.

Kosher Q&A

Union of Orthodox Jewish Congregations of America

<http://www.ou.org/kosher/kosherqa/>

Description: Questions and answers about Kosher food and Kosher supervision of food production.

National Center for Nutrition and Dietetics Bibliography on Ethnic Food Habits

American Dietetic Association

<http://www.eatright.org/bibethnic.html>

Description: A selected bibliography of books and articles.

Nutrition Education Page

Oregon State University Extension Family and Community Development

<http://osu.orst.edu/dept/ehe/nutrition.htm>

Description: Provides resources, tips and skill-building for those working with low income, culturally diverse audiences.

What Is Halal?

The Islamic Food and Nutrition Council of America (INFANCA)

<http://www.ifanca.org/halal.htm>

Description: Part of the INFANCA web site (<http://www.ifanca.org/>), this page describes the foods appropriate under Muslim law for Halal consumers.

II. Journal Articles on Food and Nutrition Interventions in Ethnic and Cultural Groups

The Abuela Project: Safe cheese workshops to reduce the incidence of Salmonella typhimurium from consumption of raw-milk cheese. Ryan A. Bell and Virginia N. Hillers. *American Journal of Public Health*, 89:1421-1424. 1999.

CALL NO: 449.9 Am3J

Abstract: Objectives: A multiagency intervention was implemented in Yakima County, Wash, to reduce the incidence of Salmonella serotype Typhimurium infections resulting from eating queso fresco (fresh cheese) made from raw milk, a traditional food in the Hispanic diet. Methods: A pasteurized-milk queso fresco recipe with taste and texture acceptable to the Hispanic community was developed. Trained Hispanic volunteers conducted safe cheese workshops, which were attended by more than 225 persons. Results: Workshop participants' acceptance of the new recipe was excellent and positive behavior changes were maintained over 6 months. Conclusions: Educational interventions in Hispanic communities can reduce the incidence of Salmonella Typhimurium associated with eating queso fresco.

A community-based, culturally sensitive education and group-support intervention for Mexican-Americans with NIDDM: A pilot study of efficacy. Sharon A. Brown and Craig L Hanis. *Diabetes Educator*, 21:203-210. 1995.

CALL NO: RC660.A1D522

Abstract: The purpose of this study was to determine the feasibility of providing a diabetes patient education and group-support intervention that was directed by a Mexican-American clinical nurse specialist (CNS), dietitian, and community worker; consistent with national standards; and designed for the Mexican-American culture. In a rural Texas-Mexico border community, subjects with diabetes were randomly selected to participate in the intervention, and a family member of each subject participated as a support person. The intervention involved 8 weeks of educational sessions with instruction on nutrition, blood glucose self-monitoring, exercise, and other diabetes self-management topics, and provided group support. Group discussion was facilitated using a series of Spanish-language videotapes that had been developed and previously tested in the target Mexican-American community. Results suggested statistically significant improvements in diabetes knowledge, fasting blood sugar levels, and glycosylated hemoglobin levels. The study documented the feasibility and potential benefits of the intervention.

Counseling and motivational videotapes increase duration of breast-feeding in African-American WIC participants who initiate breast-feeding. Susan M. Gross, et al. *Journal of the American Dietetic Association*, 98:143-148, 1998.

CALL NO: 389.8-Am34

Abstract: Objective: To evaluate the relative effects introducing motivational videotapes

and/or peer counseling in Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) clinics serving African-American women have on breast-feeding duration. Design: Pregnant women were enrolled at or before 24 weeks gestation and were followed up until postpartum week 16. Women were interviewed at enrollment, 7 to 10 days, 8 weeks, and 16 weeks postpartum. Subjects/setting: One hundred fifteen African-American WIC participants who initiated breast-feeding and who had been enrolled in 1 of 4 clinics. Intervention: Four clinics were randomly assigned to receive either no intervention, a motivational video package intervention, a peer-counseling intervention, or both interventions. Results: A higher proportion of women were breast-feeding at 8 and 16 weeks postpartum in the intervention clinics than in the control clinic. The proportion of women reporting breast-feeding declined at 8 and 16 weeks postpartum, but the rate of decline was slower in the 3 intervention clinics than in the control clinic. Being younger than 19 years of age or older than 25 years of age, having a male infant and returning to work or school all negatively affected breast-feeding duration, whereas previous breast-feeding experience positively influenced breast-feeding duration. Applications/conclusions: WIC-based peer counselor support and motivational videos can positively affect the duration of breast-feeding among African-American women. WIC nutritionists and other health professionals in contact with this population should expand their efforts toward promoting increased duration of breast-feeding.

Development of a color-coded bilingual food label for low-literacy Latino caretakers.

Lauren Haldeman, et al. *Journal of Nutrition Education*. 32:152-160, 2000.

CALL NO: TX341.J6

Abstract: None available

Development of a curriculum to lower dietary fat intake in a multiethnic population with low literacy skills. Cheryl L. Albright, et al. *Journal of Nutrition Education*, 29:215-223. 1997.

CALL NO: TX341.J6

Abstract: Low-literate, low-income populations face unique issues as they attempt to modify their diet to lower risk of chronic disease. The goal of the Stanford Nutrition Action Program (SNAP) was to design a curriculum that would address such issues and stimulate reduction of dietary fat. Initial focus groups and pilot tests were conducted to assess nutrition knowledge, interests, and dietary habits of a multiethnic, low-literate population. These investigations revealed that a nutrition education curriculum tailored to a population with low literacy skills would need to address the taste, cost, and convenience of low-fat foods, and teach participants how to incorporate low-fat foods and cooking methods into their family's diet with minimal disruption. These findings, combined with published data on food intake and preferences, were used to design the SNAP curriculum. The SNAP classroom curriculum operationalized principles of adult education, constructs from social learning theory, and followed established national guidelines on how to develop appropriate print materials for low-literate adults. Each of its six lessons included role modeling, goal setting, problem solving, group activities, and skills building tasks; many included SNAP videotapes, food demonstrations, and posters

that enhanced group discussions. Print materials were written at or below the 5th grade reading level. The SNAP curriculum combined interactive teaching techniques and behavior change methods to successfully teach and stimulate the interest of low-literate, low-income population to overcome barriers to reducing fat.

Development and implementation of a school-based nutrition and fitness promotion program for ethnically diverse middle-school girls. Joanne Leslie, et al. *Journal of the American Dietetic Association*, 99:967-970. 1999.

CALL NO: 389.8 Am34

Abstract: None available

Diabetes interventions for minority populations. Sharon A. Brown. *Diabetes Spectrum*, 11:145-149. 1998. Also available at:

<http://www.diabetes.org/diabetesspectrum/98v11n3/pg145.htm>

Effect of a breastfeeding education and support program on breastfeeding initiation and duration in a culturally diverse group of adolescence. Rebecca S. Pobocik, et al. *Journal of Nutrition Education*, 32:139-145. 2000.

CALL NO: TX341.J6

Abstract: None available

Effects of an obesity prevention program on the eating behavior of African American mothers and daughters. Melina R. Stolley and Marian L. Fitzgibbon. *Health Education and Behavior*, 24:152-164, 1997.

Abstract: Cardiovascular disease (CVD) is the number one cause of death in the United States. Obesity is highly related to CVD risk, especially in African American women. This study explored the efficacy of a culturally specific obesity prevention program. Designed for low-income, inner-city African American girls and their mothers, the program addressed the importance of eating a low-fat, low-cholesterol diet and increasing activity. Mother-daughter dyads were randomly assigned to a 12-week treatment or an attention placebo group. Participants were assessed at pre- and posttreatment on dietary intake, including daily fat intake, daily saturated fat intake, percentage of daily calories from fat, and daily cholesterol intake. Results showed significant differences between the treatment and control mothers for daily saturated fat intake and percentage of calories from fat. Differences among treatment and control groups were also noted for the daughters on percentage of daily calories from fat. Implications of the findings for developing culturally specific health risk reduction programs are discussed.

Evaluation of a peer-taught nutrition education program for low-income parents. Helen Hopp Marshak, Paula de Silva, and Jeanne Silberstein. *Journal of Nutrition Education*, 30:314-322. 1998.

CALL NO: TX341.J6

Abstract: This study examined the results of an evaluation of two nutrition education

classes delivered by trained parents from the Head Start and Parents as Teachers (PAT) programs to their low-income peers. The objective of the project was to improve knowledge and skills related to healthy, low-cost eating among low-income residents in San Bernardino County, California. The measurable outcome variables were improvement in self-reported nutrition knowledge, attitudes, self-efficacy, and intention. The project lasted 2 years: the first year involved development and pilot testing of two 1-hour nutrition classes, "Stretching Your Food Dollars" and "Healthy, Low-Fat Eating;" the second year involved training parent teachers to conduct the nutrition classes at Head Start and PAT sites. The classes were simultaneously taught in both English and Spanish by two-member teams of a total of 20 parent teachers. Using a pretest-post-test design, this project evaluated over 300 parent participants at Head Start and PAT who attended one of the two classes, of whom about 70% were primarily Spanish speaking. Using t-test and chi-square analyses to compare pre- and post-class scores, participants demonstrated modest improvement in knowledge levels of low-cost, low-fat nutrition methods ($p = .0001$); improved attitude toward healthy, low-cost meal planning ($p = .007$); moderate levels of self-efficacy for purchasing and eating healthy, low-cost foods; and strong intentions to try the suggestions from class. The results of this projects indicate that volunteer parents can be trained to teach brief nutrition education classes to low-income parents. Barriers to implementation and suggestions for future programs are discussed.

Exploring curriculum to meet the food safety needs of bilingual youth. Tracy Hoover, et al. *Journal of Extension*, vol 34. 1996.

CALL NO: LC45.4.J682

Also available at <http://www.joe.org/joe/1996june/a2.html>

Abstract: None available

GO GIRLS!: Development of a community-based nutrition and physical activity program for overweight African-American adolescent females. Ken Resnicow, et al. *Journal of Nutrition Education*, 31:283C. 1999.

CALL NO: TX341.J6

Abstract: None available

GO GIRLS!: Results from a Nutrition and Physical Activity Program for Low-Income, Overweight African American Adolescent Females. Ken Resnicow, et al. *Health Education & Behavior*, 27:616-631. 2000.

Abstract: This article describes the development, implementation, and results of an intervention designed for inner-city, overweight African American adolescent women. Fifty-seven participants were recruited from four public housing developments. Participants were administered physiologic, dietary, and cognitive assessments at baseline and immediately postintervention. Each session comprised three elements: (1) an educational/behavioral activity, (2) 30 to 60 minutes of physical activity, and (3) preparation and tasting of low-fat meals. In the absence of a control group, results were compared for high and low attenders, the former defined as attending at least 50% of the

sessions. High attenders (n = 26) showed more favorable 6-month posttest values for most outcomes compared with low attenders (n = 31). These effects achieved statistical significance or nutrition knowledge, low-fat practices, perceived changes in low-fat practices, and social support.

Health education interventions among Native Americans: A review and analysis. Pamela L. LeMaster and Cathleen M. Connell. *Health Education Quarterly*, 21:521-538. 1994.

Abstract: Relatively few health education interventions directed at preventive health behaviors and management of chronic illness among Native Americans have been reported in the literature. This article provides a selective review of health education interventions among Native Americans that address the prevention and management of chronic illnesses/conditions as well as preventive health behaviors. For each intervention included in the review, a description of its cultural relevance, sample, design, and evaluation is provided. Limitations are noted, as well as implications for research and practice.

Impact of a breastfeeding promotion program for Hmong women at selected WIC sites in northern California. Cynthia Reeves Tuttle and Kathryn G. Dewey. *Journal of Nutrition Education*, 27:69-74. 1995.

CALL NO: TX341.J6

Abstract: The very low rate of breastfeeding among Hmong immigrants to the U.S. is of concern to the Special Supplemental Food Program for Women, Infants, and Children (WIC). The objective of this intervention was to increase breastfeeding initiation by specifically targeting attitudes towards infant feeding among Hmong WIC participants. The intervention group (n = 63) was compared with a control group (n = 349) of women who had delivered infants within the previous 8 months. The intervention consisted of a prenatal class and individual meeting, immediate support within 3 days postpartum, and a final interview 3 to 6 weeks postpartum. In the intervention group, 24 women (38.1%) initiated breastfeeding and 11 (17.5%) were still breastfeeding at the final interview, whereas in the control group, 19 women (5.4%) reported breastfeeding at their first postpartum WIC interview at 3 to 6 weeks postpartum (17.5% vs. 5.4%; p = .002). Older mothers were more likely to breastfeed. Primary reasons for choosing formula included the availability of WIC vouchers and the perception that formula feeding was more convenient. Barriers to breastfeeding initiation included delayed first breastfeed (mean = 20 hours postpartum), separation of infant and mother, provision of supplements in the hospital, and gifts of formula at discharge. This study illustrates that a short-term, targeted intervention can have a positive effect on the initiation of breastfeeding.

Impact of a cancer intervention on diet-related cardiovascular disease risks of White and African-American EFNEP clients. Ruby Hurley Cox, et al. *Journal of Nutrition Education*, 28:209-218. 1996.

CALL NO: TX341.J6

Abstract: This study involved a retrospective data analysis of a previously published

cancer prevention study. Diet-related cardiovascular disease (CVD) risks of white and African-American low-income women and reported changes, as a result of an educational intervention, were investigated. Participants were 150 Expanded Food and Nutrition Education Program (EFNEP) homemakers (103 African-Americans and 47 whites) who were randomly assigned to either a control or an experimental group. An 18-lesson educational series, emphasizing dietary and lifestyle changes to reduce cancer risks, was conducted with the experimental group over 6 months. Three random-repeat 24-hour dietary recalls, height, and weight were collected on participants, before and after the intervention. Recalls were analyzed on Nutritionist III to obtain average daily intakes of foods and nutrients. Preintervention comparisons between whites and African-Americans indicated that both had risks for CVD due to higher-than-recommended intakes of total fat, saturated fat, sodium, and the fats/sweets group, low intakes of protective food components, and a high prevalence of obesity. African-Americans had significantly higher intakes than whites of total and monounsaturated fat and the meat group. Based on body mass index, 40% of whites and 58% of African-Americans were moderately to morbidly obese. Changes from pre- to post-test on dietary components of experimental participants were significantly greater than those of controls for 9 of 17 nutrients/foods. Results indicate that both the white and African-American women in EFNEP had substantial diet-related C.D. risks, based on self-report, and those risks were reduced by the cancer intervention program at immediate postcourse assessment.

Implementation factors related to outcomes of a nutrition education program for Latinos with limited English proficiency. Susan I Woodruff, et al. *Journal of Nutrition Education*, 28:219-222. 1996.

CALL NO: TX341.J6

Abstract: None available

An innovative, culturally-sensitive dietary intervention to increase fruit and vegetable intake among African-American Women: A pilot study. J. Marie Barnhart, et al. *Topics in Clinical Nutrition*, 13:63-71. 1998.

CALL NO: RM214.T66

Abstract: Thirty African-American women (mean age 60.5 years) participated in a church-based, three-session workshop pilot program that focused on increasing fruit and vegetable intake. The program was designed and presented by a medical school-based health professional team in consultation with the church's Nurses' Unit. Fruit and average daily vegetable intake increased from 0.89 to 1.2 and from 0.81 to 1.1 servings, respectively. Evaluation indicated that cookbooks, food co-ops, and workshops were preferred methods for learning about increasing fruit and vegetable intake. Collaboration with the church's Nurses' Unit facilitated tailoring a nutrition program to the church membership and networking with other churches.

Low-literacy audio intervention for lowering fat intake. Kim M. Gans, et al. *Journal of Nutrition Education*, 30:410B. 1998.

CALL NO: TX341.J6

Abstract: None available

Modification of a school-based nutrition education curriculum to be culturally relevant for Western Pacific islanders. Rebecca S. Pobocik, Deanna Montgomery, and Lisa Roff Gemlo. *Journal of Nutrition Education*, 30:264-169. 1998.

CALL NO: TX341.J6

Abstract: This report describes the process of developing cultural adaptations to a nutrition curriculum. Curriculum modifications were initiated by the investigators and then extended by 22 teachers and the school nurse of an elementary school on Guam during a 15-hour in-service session. Investigators modified the curriculum for historical and technological issues while teachers focused on appropriate food substitutions, cultural foodways, and methods of presenting the curriculum. Teachers taught the lessons and provided written and oral evaluations. Effective components of the modified curriculum were the attention to local food and history, emphasis on group learning activities, and cultural sensitivity.

National Cancer Institute's Ethnic and Low Literacy Nutrition Education Project. Chariklia Tziraki, et al. *Journal of Nutrition Education*, 26:101-106. 1994.

CALL NO: TX341.J6

Abstract: None available

The Nuer Nutrition Education Program: Breaking down cultural barriers. Marni L. Laverentz, Carolyn C. Cox and M. Jordan. *Health Care for Women International*, 20:593-601. 1999.

Abstract: Very little is known about the Nuer culture, partly because of its widely misunderstood language and because of the mixture of its people with the other tribes in Africa, according to Evans-Pritchard. However, it is known that the Nuer women's roles in the family seem to be centered around cooking duties. In the Nuer culture, no work is considered degrading, and the women know and accept their domestic duties. During the summer of 1996, a pilot project was conducted as an attempt to help Nuer refugee women of Des Moines, Iowa, incorporate nutritional concepts and American food preparation techniques into their existing methods of food preparation. The barriers faced involved the Nuer women's unfamiliarity with American foods and household items and their inability to read and understand English. Cultural issues and barriers were overcome when the health educator was willing to take the time to gain the trust and respect of the Nuer people. Structured interviews indicated an increase in knowledge of American foods and cooking skills. This education program in no way meant to replace traditional Nuer cooking methods; rather, it acted as a way to adjust to life in the United States.

An obesity prevention pilot program for African-American mothers and daughters. *Journal of Nutrition Education*, 27:93-97. 1995.

CALL NO: TX341.J6

Abstract: This study examined the effects of an obesity prevention program on eating-related knowledge and behavior. Subjects included 24 African-American women and their preadolescent daughters living in a low-income urban housing complex. The dyads were randomly assigned to the treatment or control group. The 6-week treatment addressed the identification of high- and low-fat foods, how to read food labels and calculate percentage of fat in calories in food, risks of high-fat eating, low-fat food planning and preparation, and the problems associated with obesity in general and within the African-American community in particular. Pre- and posttreatment measures included assessment of nutrition knowledge, nutrition attitudes, and food intake. Results showed that the treatment group, compared to controls, decreased their intake of fat in grams and in percentage of total calories. Additionally, differences within dyads showed that the mothers significantly improved their eating patterns (fat gram and fat percentage intake), more so than the daughters. A significant increase over time in nutrition knowledge was noted for the treatment group. Furthermore, although not significant, a trend for a greater increase in knowledge for the treatment group, as compared to the control group, was observed. These preliminary findings support the importance and effectiveness of parent-child prevention programs in high-risk communities.

Radio is effective in teaching nutrition to Latino families. Joan Wright, et al. *California Agriculture*, 50:14-17. 1996.

CALL NO: 100-C12Cag

Abstract: None available

A randomized controlled trial of weight reduction and exercise for diabetes management in older African-American subjects. Tanya S. Agurs-Collins, et al. *Diabetes care*, 20:1503-1511. 1997.

CALL NO: RC660.A1D53

Abstract: Objective: To evaluate a weight loss and exercise program designed to improve diabetes management in older African-Americans. Research Design and Methods: Overweight African-Americans (n = 64) ages 55-79 years with NIDDM were randomized to either an intervention (12 weekly group sessions, 1 individual session, and 6 biweekly group sessions) or usual care (1 individual session, and 6 biweekly group sessions) or usual care (1 class and 2 informational mailings). Clinical and behavioral variables were assessed at 0, 3, and 6 months of treatment. Results: Significant net differences in the intervention versus usual care were observed for weight, physical activity, and dietary intake of fat, saturated fat, cholesterol, and nutrition knowledge at 3 months (all $P < 0.05$) and for weight at 6 months and mean HbA1c values at 3 and 6 months. After the adjustment for changes in weight and activity, the intervention participants were approximately twice as likely to have a one unit decrease in HbA1c value as those in usual care. Blood pressure increases in usual care participants resulted in net differences (intervention minus control) at 3 and 6 months of -3.3 ($P = 0.09$) and -4.0 ($P = 0.05$) mmHg diastolic, respectively, and -8.4 ($P = 0.06$) and -5.9 ($P > 0.10$) mmHg systolic, respectively. Blood lipid profiles improved more in intervention than usual care

participants, but not significantly. Conclusions: The intervention program was effective in improving glycemic and blood pressure control. The decrease in HbA1c values was generally independent of the relatively modest changes in dietary intake, weight, and activity and may reflect indirect program effects on other aspects of self-care.

Reducing cancer risk among Native American adolescents. Steven P. Schinke, et al. *Preventive Medicine*, 25:146-155. 1996.

Abstract: Background: This article discusses the development, implementation, and preliminary testing of an intervention to reduce cancer risks through tobacco use prevention and dietary modification among Native American youth in the Northeastern United States. Methods: In collaboration with Native American communities, reservations, and organizations in the Northeastern United States, implementation of the design quantifies the separate and combined effects of a tobacco use prevention and a dietary modification intervention. Results: Native American youths in the tobacco prevention intervention and in the combined tobacco and dietary intervention increased their knowledge of tobacco facts and their awareness of the motives of tobacco advertising, and showed higher ratings for an ability to resist peer pressure and to refuse offers of tobacco use between pretest and post test. Youths in the combined intervention were significantly less apt to report smoking of any kind. Youths in the tobacco use prevention-only condition reported significantly less smoking than their counterparts in the dietary modification-only condition and control condition on 4 of 8 measurement items. Youths in the dietary modification intervention and in the combined intervention improved their knowledge of the health implications of consuming dietary fat, fiber, fruits, and vegetables. Youths in the dietary modification and combined intervention also improved their scores of knowledge related to cancer risk-reducing nutritional practices, cultural dietary habits, and healthy food choices available for Native American cultures. Youths in the dietary modification-only condition report significantly increasing their consumption of complex carbohydrates and significantly decreasing their fat intake between pretest and post test occasions. Conclusions: Results indicate the enhanced effects of the combined tobacco use prevention and dietary modification intervention for preventing tobacco use and for improving youths' knowledge and attitudes with regard to tobacco use and diet. Further, the study demonstrates the value of collaborating with Native American organizations to design a cancer risk-reducing curriculum and to implement tests of that curriculum.

Results of Language for Health: Cardiovascular disease nutrition education for Latino English-As-A Second-Language students. John P. Elder, et al. *Health Education and Behavior*, 27:50-63. 2000.

CALL NO: RA440.A1H5

Abstract: This report presents the final evaluation of Language for Health, part of a federally funded initiative to develop heart disease prevention interventions for low-literate populations. Language for Health specifically intervened with recent immigrants enrolled in English-as-a-second-language classes, incorporating nutritional

behavior change materials into English-language curricula. Latino participants (n = 732) were exposed to either nutrition education or stress management classes (attention-placebo group) designed specifically for low-English-literate adults. Participants completed physiological measures assessing blood pressure, total and high-density lipoprotein (HDL) cholesterol, waist and hip circumference, and weight. Self-report surveys were administered to collect students' nutrition-related knowledge, attitudes, self-reported fat avoidance behaviors, and demographic information. Data were collected at baseline, 3-month posttest, and 6-month follow-up. Results indicated long-term effects of the intervention on nutrition knowledge and fat avoidance, yet only short-term effects on total cholesterol:HDL ratio and systolic blood pressure.

Training program preparing abuelas as nutrition educators. Elena Serrano, et al. *Journal of Nutrition Education*, 32:225-232. 2000.

CALL NO: TX341.J6

Abstract: None available

Using cultural knowledge in health promotion: Breastfeeding among the Navajo. Anne L. Wright, et al. *Health Education and Behavior*, 24:625-639. 1997.

Abstract: Although many attempts have been made to promote breastfeeding in a variety of contexts, few programs have explicitly incorporated cultural beliefs in these efforts. This article describes a breastfeeding promotion program conducted on the Navajo reservation. This program was designed to be culturally appropriate. Background information regarding beliefs and factors affecting infant feeding practices in this setting is provided, followed by a description of the intervention. The intervention, which incorporated both social marketing and community participation techniques, consisted of three components: an intervention in the health care system, a community intervention, and an individual intervention. Based on medical records review of feeding practices of all the infants born the year before (n = 988) and the year after (n = 870) the intervention, the program was extremely successful. This combination of techniques, including qualitative and quantitative research into local definitions of the problem, collaboration with local institutions and individuals, reinforcement of traditional understandings about infant feeding, and institutional change in the health care system, is an effective way of facilitating behavioral change.

Using interactive multimedia nutrition education to reach low-income persons: An effectiveness evaluation. Susan Martin Gould and Jennifer Anderson. *Journal of Nutrition Education*, 32:204-213. 2000.

CALL NO: TX341.J6

Abstract: None available

III. Practical Materials

A. Items in the NAL Collection

1. Books and Booklets (including Cookbooks, Food Dictionaries, and Food Composition Tables)

Alay Sa Pamilya: Lutuing Masustansya: A Cookbook for a Healthy Filipino

Debbie Mangonon Adams, Judy Woo, Sonia Huelar, YinYan Leung, Editors.
Oakland, CA: Asian Health Services, Hypertension Control Program, 1992. 106 p.

CALL NO: TX724.5.P6 A43 1992

Description: Developed as part of a high blood pressure education program, this cookbook (in English) contains lower fat, lower salt versions of Filipino recipes and includes nutrient information for each recipe. Also contains health information and a glossary of food terms.

Arizona 5 al Dia : Para Mejorar la Salud Libro de Actividades de Frutas y Verduras para Programas de Guarderías Infantiles

(Spanish language "Arizona 5 a Day for Better Health : Fruit and Vegetable Activity Book for Child Care Programs")

Phoenix, AR: Departamento de Servicios de la Salud de Arizona, Oficina de Servicios Nutricionales, c1994. 48 leaves.

CALL NO: TX361.C5D372 1994

Description: Suggests ways of increasing the amount of fruits and vegetables for children and adults. Discusses the benefits and versatility of fruits and vegetables in a diet. Also contains recipes and hands-on activities.

CANFIT Recipes for Success

Lisa K. Hunter and Donna Lloyd-Kolkin

Berkeley, CA: California Adolescent and Fitness Program, c1998.

1 volume

CALL NO: RJ206.C35 1998

Description: A how-to guide that shares the collective experiences of 16 nutrition and physical activity outreach programs targeted to low-income, African American, Latino, Asian/Pacific Islander, and American Indian youth between the ages of 10 and 14 who were part of the California Adolescent Nutrition Fitness (CANFit) Program between 1994 and 1997. Includes ethnic-specific recipes.

Children and Weight: What Families Can Do = Los Niños y el Peso: Que Pueden Hacer las Familias

Diana Wayne, editor

California: County of Riverside Health Services Agency, Department of Public Health, Child Health and Disability Prevention, c1998.

CALL NO: RJ206.C45 1998

Description: In both English and Spanish, this is designed to help health care professionals educate children and their families about the problems associated with obesity and to provide practical ways to help children grow into their weight. It emphasizes love and acceptance of children no matter what their weight and gives practical ways to increase physical activity and to eat sensibly.

The Composition of Chinese Foods (Chung-kuo shih wu cheng fen piao)

Guangya Wang, Banoo Parpia and Zhimei Wen, editors

Washington, DC : ILSI Press, International Life Sciences Institute, 1997. 334 p.

CALL NO: TX531.C662 1997

Description: Primarily in English though names of food items also in Chinese. Data are presented in 4 major tables: nutrient content; amino acid; fatty acid content; and cholesterol content.

Cooking Lite "South of the Border": Recipe Manuscript

Armida Negrete Olson, Glenda Kinder and Martha Lou Hannsz

Overland Park, KS: American Heart Association, c1997. 73p.

CALL NO: TX715.2.S69-O47-1997

Description: Contains dietary guidelines for healthy eating, including a food guide pyramid and heart health reference material. Also provides nutritionally analyzed, healthy traditional Mexican recipes.

A Dictionary of the World's Plant Foods

p. 1711-1886, volume 2, in The Cambridge World History of Food

Kenneth F. Kiple and Kriemhild Conee Ornelas, editors

New York: Cambridge University Press, 2000.

2 volumes

CALL NO: TX353.C255 2000

Description: Includes scientific and common names, as well as food uses and historical information.

Dietitian's Patient Education Resource Manual, 2nd edition

Aspen Center for Patient Education

Loose-leaf volume and CD-Rom

Gaithersburg, MD: Aspen Publishers, c2001

CALL NO: RM217.2.D54

Description: Contains patient education materials in English and Spanish, in two reading levels - third-grade and sixth-grade - for use with patients and their families. Covers healthy eating, weight management, sports and cardiovascular fitness, food sensitivities and intolerance, gastrointestinal disorders, cardiovascular disease, oncology, AIDS/HIV, Kidney disease, diabetes, pulmonary disease and cystic fibrosis, and enteral and parenteral nutrition. Also covers educational needs assessment and teaching strategies.

Eating from the Earth: Celebrating Cultural Diversity

Phoenix, AZ: Arizona Dept. of Health Services, Office of Nutrition Services, 1995. 56 p.

CALL NO: TX725.A1E37 1995

Description: A collection of recipes from around the world, designed to include some history, anthropology, geography, agriculture, and ecology about the food important to different regions of the earth. The recipes are designed for early childhood programs and can be used by families. The recipes are in standardized form and may contribute to meeting the meal pattern requirements of the USDA Child and Adult Care Food Program.

Ethnic Culinary Herbs: A Guide to Identification and Cultivation in Hawaii

George W. Staples and Michael S. Kristiansen

Honolulu, HI: University of Hawaii Press, c1999. 122p.

CALL NO: SB351.H5 S69 1999

Description: Has scientific and common names, illustrations, culinary uses, and cultivation practices of herbs commonly used in Hawaii and sold in ethnic markets nationwide.

Food Composition Tables for the Near East

Food and Agriculture Organization of the United Nations, Food Policy and Nutrition Division and U.S. Department of Agriculture, Human Nutrition Information Division, Consumer Nutrition Center

Rome: FAO, 1982. 265 p.

CALL NO: TX531.F61 F&N B-3839

Description: In English, data are presented in 3 major food composition tables: the proximate composition, mineral and vitamin content of the; the amino acid content; and the fatty acid content. Appendices include an index of common names, and index of scientific names of plants and fish, and descriptions of selected processed foods.

Food Counts in the African American Community: Chartbook 2001

Ellen Harris and Yvonne Bronner, in cooperation with the Beltsville Human Nutrition Research Center, Agricultural Research Service, USDA

Baltimore, MD: Morgan State University, 2001. 115 p.

CALL NO: TX361.A27 H37 2001

Description: Provides information about the food intake and nutrition knowledge of African Americans using data from the Continuing Survey of Food Intakes by Individuals (CSFII) and the Diet and Health Knowledge Survey. Contains practical messages for incorporating dietary advice into practice. Target audiences are the public, community groups, universities, the private sector, and government.

The Fruits and Vegetables of Samoa: Coloring Book

Nutrition Education & Training Program (NETP), Division of Curriculum Instruction, Department of Education, American Samoa.

Pago Pago: The Program, 1990. 22 p.

CALL NO: jTX397.F78 1990

Description: Coloring book

Glossary of Selected Mexican Foods and Dishes of Interest in Nutrition Education

Eunice Romero-Gwynn

Hayward, CA: Cooperative Extension in Alameda County, University of California, 1992. 10 p.

CALL NO: TX360.M6R66 1992

Description: A glossary of foods common in Mexico and often consumed by people of Mexican descent living in the U.S. In English.

Good Time Eatin' in Cajun Country: Cajun Vegetarian Cooking

Donna Simon

Summertown, TN: Book Pub. Co., c1995. 107 p.

CALL NO: TX837.S487 1995

Description: The author has modified Traditional Cajun recipes have been modified with the goal of preserving the tastes and textures of the original foods while reducing the fat content. Contains recipes for breakfast foods, salads and salad dressings, soups and sandwiches, main dishes, side dishes and sauces, breads, and desserts. Nutrient analysis is included.

Guia Para Latinos, Como Comer Saludablemente

(Spanish language "Guide to Healthy Eating for Latinos")

Aracely Rosales

1 volume

Philadelphia, PA : Health Promotion Council of SEPA, c1995.

CALL NO: TX361.H57R672 1995

Description: Part of a Latino Health Literacy Project, this booklet uses graphics and simple text to explain healthy nutrition practices.

Handbook and Resource Guide for Health Care Providers: The Healthy Eating Food Guide: A Nutrition Education Tool for Native Americans with Diabetes

Betty Page Brackenridge

Albuquerque, NM: Indian Health Service Diabetes Program, c1995. 36 pp.

CALL NO: RC662.B74 1995

Description: Discusses diabetes nutrition education priorities and strategies; the healthy eating Food Guide Pyramid for Native Americans with diabetes; and teaching with the healthy food guide. Includes graphics.

Healthy Food, Healthy Soul: African American Cooking, 3rd edition

Kenda E. Tibbs

Michigan: K.E. Tibbs, 1999. 34 p.

CALL NO: TX715.T53 1999

Description: A cookbook for those who love soul food and want to reduce fat and salt for health. Nutrient analysis of recipes is included.

Healthy Mexican Cooking : Authentic Low-Fat Recipes

Velda de la Garza

Mankato, MN : Appletree Press, c1995. 241 p.

CALL NO: TX716.M4L34 1995

Description: This book, in English, discusses how to prepare traditional Mexican foods with few ingredients, practical preparation times and moderate to low calories. Contains over 160 recipes, each having nutrient analysis and diabetic exchange information. Also provides basic information about heart disease, diabetes, and healthy eating, as well as a food glossary. Also contains a buying guide and information on recipe modifications.

A Historical Dictionary of Indian Food

K.T. Achaya

Delhi; New York: Oxford University Press, 1998. 347 p.

CALL NO: TX724.5.A1A24 1998

Description: Contains definitions of food and food preparation terms from various regions of India put into historical context.

Kosher Cookery: Classic & Contemporary

Frances R. AvRutick

Middle Village, NY: Jonathan David Publishers, c1991. 393 p.

CALL NO: TX724.A975 1991

Description: Contains recipes for holiday and everyday meals.

International Dictionary of Food & Cooking

Charles G. Sinclair

Chicago, IL: Fitzroy Dearborn, c1998. 594 p.

Middle Village, NY: Jonathan David Publishers, c1991. 393 p.

CALL NO: In process

Description: Contains definitions of terms related to food and food preparation from cuisines around the world. Includes ingredients, cooking processes, cooking equipment, as well as scientific, technological, and nutritional terms.

Let's Celebrate!: A World of Healthy Foods

Charleston, WV: West Virginia Dept of Education, c1996. 69 pp.

CALL NO: TX725.A1L48 1996

Description: Developed in order to expand students' opportunities to learn healthy eating skills by exploring a variety of foods. Suggests activities, recipes and resources to help students feel competent about trying unfamiliar foods, understand cultural influences on food preferences and eating habits, and appreciate the similarity and diversity of the world's peoples.

Multicultural Pyramid Packet

Cheryl Achterberg, Jeannie McKenzie, and Farah Arosemena.

University Park, PA: Penn State Nutrition Center, College of Health and Human Development,

Pennsylvania State University, c1996.

1 volume

CALL NO: TX360.U6A24 1996

Description: This packet was designed to serve several purposes, from teaching cultural foods to counseling patients from culturally diverse backgrounds. It contains cultural background information, culturally appropriate counseling tips, and pyramid graphics showing foods used by specific cultures. Cultures represented include African-American, Asian Indian, Chinese, Jewish, Mexican-American, Navajo, Puerto Rican, and Vietnamese.

Multicultural Snacks

Susan Hedges

Everest, WA: Warren Publishing House, c1995. 47 p.

CALL NO: jTX725.A1H64 1995

Description: Contains traditional recipes from a variety of cultures featuring ingredients familiar to young children.

Native Indian Wild Game, Fish & Wild Foods Cookbook: Recipes from North American Native Cooks

David Hunt, editor

Lancaster, PA: Fox Chapel Pub., c1992. 281 p.

CALL NO: E98.F7N375 1992

Description: Includes both traditional and more modern recipes from Native American cooks. Contains recipes for big game such as deer, buffalo, elk, moose, bear; for small game such as beaver, groundhog, woodchuck, muskrat, porcupine, raccoon, squirrel, and snapping turtle; for game birds such as ducks, geese, wild turkey, partridge, pheasant, quail, pigeons and doves; for fish and seafood; for wild rice; for sauces, marinades, stuffings, batters and breads; and for homemade wines and herbal remedies. Includes chapters on the cleaning, skinning, and tanning of fish and game; the identification of edible wild plants, nuts and berries; and the smoking and curing of fish and game.

The New Soul Food Cookbook: Healthier Recipes for Traditional Favorites

Wilbert Jones

Secaucus, NJ: Carol Pub. Group, c1996. 125 p.

CALL NO: TX715.J823 1996

Description: Contains 99 contemporary versions of traditional African-American recipes modified to reduce fat, cholesterol, salt and sugar. Recipes emphasize the use of fresh ingredients and are prepared with leaner meats, egg whites, less fat, nonfat dairy products, less sodium, and fewer calories. Nutrient analysis of recipes is included.

Nutricion Para la Embarazada

(Spanish language "Eating Expectantly")

Bridget Swinney

1 volume (loose-leaf)

CALL NO: RG559.N88 2000

Description: A set of tip sheets covering various aspects of good nutrition during pregnancy, including meal and snack planning, weight gain, gestational diabetes, vegetarian meal planning, and coping with morning sickness. Note: Spanish title supplied by cataloger, not author.

Pacific Islands Cookbook

Michael T. Harrington and Carmen Meyer

Honolulu, HI : Agricultural Development in the American Pacific Project, Pacific Land Grant Programs : AIMS, ADAP Project, 1994. 160 p.

CALL NO: TX724.5.P16P33 1994

Description: This cookbook was compiled from recipes used in the Pacific Islands, for the purpose of promoting the use of local foods. Contains recipes using such foods as coconut, papaya, mango, banana, breadfruit, taro, yam, sweet potato, cassava, fish and meat. Most recipes are followed by an "estimated nutritional value" table, which is designed to show how each recipe fits into an overall daily diet.

The Pacific Islands Food Composition Tables

C.A. Dignan, et al.

Noumea Cedex, New Caledonia: South Pacific Commission; Palmerston North, N.Z.: New Zealand Institute for Crop & Food Research Ltd.; Cambridge, MA: International Network of Food Data Systems, c1994. 147 p.

CALL NO: TX360.I77P33 1994

Description: Contains information for 22 nutrients in more than 800 commonly-consumed foods, including root crops, coconuts, green leaves, fruit, fish and seafood.

Pacific Islands Foods Resource Manual

Honolulu, HI: Agricultural Development in the American Pacific Project: AIMS, ADAP Project, 1994.

1 volume

CALL NO: TX360.I77P332 1994

Description: This manual contains food group lists for Samoa, Hawai'i, Guam, Chu'uk, and the Marshall Islands, which were prepared to help in the understanding of what food is made of so that a modified diet can be more easily followed. Also contains recipes, basic nutrition information and Pyramid Power Game

Smithsonian Folklife Cookbook

Katherine S. Kirlin and Thomas M. Kirlin

Washington: Smithsonian Institution Press, c1991. 319 p.

CALL NO: TX715.K58 1991

Description: This book grew out of the Festival of American Folklife held each summer in Washington, D.C. to celebrate and preserve the richness and diversity of folk culture. In addition to recipes, it includes essays, anecdotes and illustrations. Regions and cultures represented include Native American, New England, Mid-Atlantic, South (South, Cajun and Creole), Upper

Great Lakes, Great Plains, West and Southwest, and The Islands (Hawaii, Puerto Rico, Virgin Islands).

A World of Food: A Manual to Assist in the Provision of Culturally Appropriate Meals for Older People

Danielle L. Gallegos and Elizabeth A. Perry

Canberra, ACT: Commonwealth Dept. of Human Services and Health, c1995. 168 p.

CALL NO: TX361.A3G35

Description: Shows how to make mealtimes enjoyable for older people from non-English speaking backgrounds who are in care. Explains how to adapt existing menus to accommodate cultural and individual preferences. Contains cultural information and recipes from a variety of cultures and regions including Bosnia-Herzegovina, Croatia and Serbia, Burma, China, Greece, India, Indonesia, Malaysia and Singapore, Islam, Macedonia, the Netherlands, Poland, Portugal, and Vietnam.

2. Videos, Kits, Models, and Graphics

American Foods of the South Set

Life/form replicas; 10 plastic models

Contents: Barbecued chicken, black-eyed peas, collard greens with salt pork, corn bread, diced turnips with tops, grits, hush puppies, lima beans with salt pork, pan-fried catfish, roasted spareribs.

Ft. Atkinson, WI: NASCO, 198?.

CALL NO: Model no. 6

Description: This package contains 11 models of foods of the American South. The models are teaching aids for demonstrating the variety of foods used to prepare authentic ethnic dishes.

The Best Thing = Es lo Mejor (Spanish language)

Media/Creative Services, Health Communications Division for the Texas WIC Program

Austin, TX: Texas Dept. of Health, c1999.

1 videocassette (15 min., 52 sec.) (VHS)

CALL NO: Videocassette no. 2971

Description: Dubbed into Spanish, this video shows mothers relating their breastfeeding experiences. English version available as Videocassette no. 2970.

Bocadillos Para los Ninos

(Spanish language "Smart Snacking for Children")

Nancy Battista Morgan

Evanston, IL: Altschul Group Corporation, c1994.

1 videocassette (12 min.) (VHS)

CALL NO: Videocassette no.2075

Description: Demonstrates that snacking can be an opportunity to give children important

nutrients, rather than junk food. Stresses the importance of being prepared, sticking to a schedule when possible, and having children help in snack preparation. English version available as Videocassette no. 2074.

Breast model

3 cloth models, 3 foam rubber inserts, and 3 teaching tips brochures
Rochester, NY: Childbirth Graphics, c1991.

CALL NO: Model no. 16

Description: These breast models were created to assist in teaching breastfeeding, breast self-exam and breast function to Asian, Black, and Caucasian groups.

La Buena Nutricion Promueve la Salud

(Spanish language "Good Nutrition Promotes Good Health")

Isabel Recio and Richard Caraballo

JMH Communications, Inc. and Marqueza Productions, 1996.

Videocassette (45 min.)(VHS) and 1 pamphlet

CALL NO: Videocassette no.2293

Description: Gives culturally specific nutrition information to Hispanic Head Start parents from three cultural subgroups: Mexican-American, Puerto Rican, and Central American.

Chu Fang Kuan Li Shih Wu

(Chinese language "Kitchen Care")

1 videocassette (23 min.) (VHS)

Orlando, FL: Vocam, c1997.

CALL NO: Videocassette no. 2893

Description: Introduces restaurant kitchen staff to safe food handling procedures and safe work practices. English language version, "Kitchen Care," also available as Videocassette no. 2839. Spanish language version, "Guia Practica de la Cocina," also available as Videocassette no. 2892.

La Cocina Saludable

(Spanish language "The Healthy Kitchen")

Terry Taylor

1 set instructional materials in binder

Fort Collins, CO: Colorado State University, Cooperative Extension, 1996.

Kit no. 541

Description: A nutrition education program developed specifically to teach nutrition and food safety to mothers from Hispanic and migrant farm worker families who are eligible for WIC. The program is designed to use abuelas, or grandmothers, from Hispanic families as peer educators to teach the mothers information. It contains lesson plans in English, with some educational materials in Spanish.

A Disfrutar con los Alimentos

(Spanish language "Fun Times with Food")

Caitlin Hosmer

1 set instructional materials, 1 agent booklet, 1 story booklet, 1 newsletter, 1 blackline master.
Ithaca, NY: Cornell Cooperative Extension, Programa de Educaci'on en Nutrici'on y Alimentos,
Divisi'on de Ciencias
Nutricionales, Universidad de Cornell, c1992.

CALL NO: Kit No. 540

Description: Developed for homemakers to use with their four- to seven-year-old children.
Covers nutrition basics, food safety, food shopping, table manners, and the origin of food.
English language version available as Kit No. 539.

Food: A Multi-cultural Feast

Jeffrey Schrank

Lake Zurich, IL : Leaning Seed, c1998.

1 videocassette (20 min.) (VHS) + 1 guide.

CALL NO: Videocassette no. 2865

Description: Discusses how the food we eat in the United States is multi-cultural in its origin.
The origins of a number of foods are illustrated.

Food Replica Package No. 3

Life/form replicas; 26 plastic models

Ft. Atkinson, WI: NASCO, 1981.

CALL NO: Model no. 5

Description: Contains the following food models: Meat, seafood, poultry: ham slices, beef roast, steak, pork sausage, shrimp. Mexican-American foods: enchiladas, flour tortilla, refried beans, tamale, taco. Sandwiches, soup, casseroles: pizza, beef stew. Vegetables: cauliflower, coleslaw, leaf lettuce, spinach. Grains: rice, macaroni, oatmeal, pancakes. Fruit: applesauce, dates, half melon, pineapple, prunes. Desserts: chocolate pudding.

Food Safety: You Make the Difference

Seattle, WA: Seattle-King County Dept. of Public Health, Environmental Health Division,
c1995.

1 videocassette (29 minutes)

CALL NO: Videocassette no. 2206 (English)

CALL NO: Videocassette no. 2342 (Cantonese Chinese)

CALL NO: Videocassette no. 2343 (Mandarin Chinese)

CALL NO: Videocassette no. 2344 (Korean)

CALL NO: Videocassette no. 2345 (Russian)

CALL NO: Videocassette no. 2346 (Spanish)

CALL NO: Videocassette no. 2347 (Vietnamese)

Description: For foodservice workers, these videos cover the causes and symptoms of food-borne illness and the importance of hand washing, avoiding cross contamination, quick cooling,

and holding foods at appropriate temperatures. Shares success stories of food service workers in a fast food restaurant, a Thai restaurant, a Mexican restaurant, and a delicatessen.

The Foods I Eat, The Foods You Eat

New York, NY : Many Hands Media, c1996.

Kit includes 1 sound cassette, 2 wall charts (double-sided), 1 poster, 3 books, 1 teacher's guide.

CALL NO: Kit no.355

Description: A nutrition program designed to encourage young children to explore and appreciate the foods of many cultures while learning such concepts as colors, shapes, and textures.

For Goodness Sake!: Prevent Anemia, and Por el Bien Todos... Prevenga la Anemia!

Costa County Anemia Task Force, Expanded Food & Nutrition Education Program, University of California Cooperative Extension

Berkeley, CA: Distributed by Division of Agriculture and Natural Resources, University of California, Communication Services, c1997.

1 videocassette (26 min.) (VHS)

CALL NO: Videocassette no.2809

Description: A single videocassette contains both the English and Spanish versions which emphasize ways to prevent anemia in children and adults. Illustrates simple iron-rich recipes and demonstrates label reading to choose foods high in iron.

Fresh Fruit and Vegetable Photo Cards

142 photographs with names in both English and Spanish.

California Nutrition Education & Training Program

Sacramento: California Nutrition Education and Training Program, California Dept. of Education, 1997. 142 photographs with both English and Spanish names.

CALL NO: Graphic no.686

Description: A fresh fruit or vegetable is pictured on the front of each card, with the name in both English and Spanish. The backs of the cards contain a nutritional analysis in bar-graph form, a symbol depicting the part of the plant most commonly eaten, and a map of the United States highlighting the area that produces the greatest quantity of the fruit or vegetable pictures.

Frutas y Vegetales : Lily Opta por Cinco al dia

(Spanish language "Fruits and Vegetables: Lily Bets on Five a Day")

1 videocassette (12 min.) (VHS)

Evanston, IL: AGC/United Learning, c1997.

CALL NO: Videocassette no. 2944

Description: A mother, who wants to provide her family with five servings of fruit and vegetables, shops for fruits and vegetables and offers tips on how to prepare them.

Guia Practica de la Cocina

(Spanish language "Kitchen Care")

1 videocassette (27 min.) (VHS)

Orlando, FL: Vocam, c1998.

CALL NO: Videocassette no. 2892

Description: Introduces restaurant kitchen staff to safe food handling procedures and safe work practices. English language version, "Kitchen Care," also available as Videocassette no. 2839. Chinese language version, "Chu Fang Kuan Li Shih Wu," also available as Videocassette no. 2893.

Haitian Nutrition Initiative

1 videocassette (29 min) (VHS), 1 set instructional materials, 5 charts, 1 booklet

Gainesville, FL: University of Florida, Cooperative Extension Service, Institute of Food and Agricultural Sciences: WIC, Florida Dept. of Health, 1998.

CALL NO: Kit no. 531

Description: Geared to Haitian women who are pregnant , breastfeeding, and/or have children under five. Includes background materials (in English) on Haitian culture and eating patterns. Teaching materials are in Haitian French Creole and cover nutrition and weight gain in pregnancy as well as breastfeeding.

Healthy Eating For a Healthy Baby (Spanish language)

1 videocassette (17 min.) (VHS)

Las Cruces, NM: Cooperative Extension Service, New Mexico State University, c1995.

CALL NO: Videocassette no. 2844

Description: Expectant mothers are taught about proper weight gain and good nutrition practices using the food guide pyramid as a guide. English version available as Videocassette no. 2765.

Lunch Louisiana Style

1 videocassette (26 min.) (VHS) + 1 teacher's guide + 1 recipe booklet + 1 information booklet.

Baton Rouge, LA: Louisiana Dept. of Education, 1993.

CALL NO: Videocassette no.1568

Description: Discusses the various nationalities found in Louisiana, their origins, and the foods they contributed to Louisiana's cuisine. Chef John Folse prepares a lunch consisting of ingredients brought by young guests, each of whom represents a different culture that influenced Louisiana's cuisine. Suggestions are made for reducing the fat in traditional dishes.

Mira Quien Esta Comiendo!: Introduccion a los Alimentos Solidos

(Spanish language "Introduction to Solid Food")

Texas Department of Health, Bureau of Nutrition Services, Public Health Nutrition and Education Division by Community Oriented Public Health, Health Communications Division, Media and Creative Services Section

1 videocassette (11 min., 30 sec.) (VHS)

CALL NO: Videocassette no. 2973

Description: Explains what signs to look for when your baby is ready for solid foods and includes feeding tips for baby. English language version also available as Videocassette no. 2972 under the title “ Look Who's Eating!”

Meeting the Food Safety Needs of Bilingual and Low Literacy Youth

Kit includes 2 videocassettes (one in English, one in Spanish) (VHS), 2 sound cassettes (English), 1 lesson book (English), 1 activity sheet (English), 5 duplicating masters (English) Lafayette, IN : Purdue University, Cooperative Extension Service, 1995.

CALL NO: Kit no.351

Description: Aimed at 4th to 6th graders, this kit teaches children that bacteria on food can make them sick, and that steps must be taken to keep food safe.

Mexican-American Ethnic Food Set

Life/form replicas; 12 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO, 1980.

CALL NO: Model no. 7

Description: Contains the following food models: Hot chili pepper (jalapeno), avocado, beef cubes in brown gravy (carne guisada), enchiladas, flour tortilla, corn tortilla, Mexican-style beans in a bowl (frijoles in a bowl), refried beans (frijoles refritos), tamales (2), rice with chicken (arroz con pollo), Spanish rice, crisp taco.

Nasco's Italian Food Models

10 plastic models and 1 booklet

Ft. Atkinson, WI: NASCO, 1980.

CALL NO: Model no. 8

Description: This case of food models contains 10 models of Italian foods. The models are teaching aids for demonstrating the variety of foods, their food values and proper nutrition. The accompanying booklet contains recipes and food exchanges.

Now We're Cooking

1 videocassette (English) (VHS), 1 set instructional materials (some in Spanish).

Sacramento, CA: Dairy Council of California and California Dept. of Education, c1995.

CALL NO: Kit no. 252

Description: This campaign and curriculum has its origins in an ongoing national coalition project, "Resetting the American table:creating a new alliance of taste and health." The goals are to facilitate elementary school students in experiencing the positive social, psychological, and nutritional value of eating together with family and friends; it is to help children share responsibility for family meals by teaching them some basic food preparation skills that encourage healthful eating. This campaign packet includes materials to support classroom and cafeteria activities.

Nutricion a Traves de la Vida

(Spanish language “Nutrition Throughout Your Life”)

Videocassette (9 min.) (VHS)

West Lafayette, IN: Purdue University, University of Florida (Gainesville, FL), 1997.

CALL NO: Videocassette no.2847

Description: Discusses food groups and recommended portions for healthy eating.

Nutrition a la Culture: Nutrition Education Units for Minority Groups Served by the WIC and MAC Programs

12 brochures, 254 duplicating masters, and 1 lesson plan

Minneapolis, MN: Minnesota WIC Program, Minnesota Department of Health, c1992.

CALL NO: Kit no. 184

Description: Designed to provide background information and practical materials for WIC (Supplemental Nutrition Program for Women, Infants, and Children) and MAC (Mothers and Children) staff who work with various cultural groups. Provides activities and handout materials (mostly in English) for use with Black Americans, Hispanic Americans, Native Americans, Southeast Asian Americans, as well as homeless clients and those with low literacy skills. Includes activities for both children and adults.

Piramide del Dia con el Sabor Popular Mexicano: A Food Pyramid for Today's Mexican-American Family

Myriam Hall-Grajales, Martha L. Lopez and Michael L.Poe

1 videocassette in both Spanish and English (15 min. each) (VHS)

Davis, CA: University of California, Division of Agriculture and Natural Resources, Communication Services, c1996.

CALL NO: Videocassette no. 2888

Description: Discusses the food pyramid with emphasis on foods of special interest to the Mexican culture.

La Piramide de la Alimentacion

(Spanish language "Food Guide Pyramid")

National Health Video,Inc.

1 videocassette (10 min.) (VHS)

Los Angeles, CA: National Health Video, c1993.

CALL NO: Videocassette no. 1783

Description: Discusses the food guide pyramid and the reason for the pyramid design. Introduces each food group featured in the pyramid, giving specific examples of foods to be found in each group. Discusses the nutrients to be found in each food group, how many servings are recommended from each group per day, and tells what a serving size is and why it is important.

Platillos de Nuevo Mexico Con Chile y Bajos en Grasa

(Spanish language "Low-Fat New Mexican Chile Dishes")

New Mexico State University Cooperative Extension Service EFNEP Educators with the New Mexico WIC Nutrition Program

1 videocassette (63 min.) (VHS)

Las Cruces, NM: College of Agriculture and Home Economics, Cooperative Extension Service, Agricultural Communications, c1994.

CALL NO: Videocassette no. 2891

Description: Demonstrates recipes for a variety of traditional Mexican dishes reduced in fat by at least one-third. Includes the preparation of enchiladas, burritos, refried beans, tortillas, caldillo, and corn bread. English version available as Videocassette no. 2846

Sabor de Salsa: Celebrate the Family with Good Nutrition: Lesson Plans for Hispanic Families (Spanish and English)

Sandra Strohmeyer and Sylvia Vazquez de Alloway.

3 lesson folders, 1 videocassette (VHS), 1 sound cassette, 1 flip chart, 1 pyramid puzzle game, 2 posters, 1 piece of green felt, camera ready masters

Corvallis, OR: Oregon State University Extension Service, 1996

CALL NO: Kit no. 395

Description: Discusses basics of nutrition for Hispanic families.

Salud en Tus Manos

(Spanish language "Health in Your Hands")

New York, NY: CPC International, Best Foods Division, 1996.

Videocassette (VHS), 1 wall chart, 50 identical consumer magazines, 25 identical food shopping guides, 1 instructor's guide, and 2 identical evaluation forms

CALL NO: Kit no. 365

Description: Provides health professionals with a nutrition program specifically developed for Latinos. Divided into six sessions covering such topics as the healthy Latino diet, the food label, the food guide pyramid, fat and cholesterol, salt and sodium, menu planning, and feeding children.

Safe Food for the Hungry '97: A Focus on Diversity.

Purdue University Cooperative Extension Service in collaboration with University of Florida and Washington State University and Oregon State University, 1997.

1 videocassette (VHS), 1 site educator's guide, 1 site activity guide, 1 Spanish supplement, 3 blackline masters.

CALL NO: Kit no. 535

Description: A satellite videoconference workshop to help emergency feeding programs better meet the food safety and nutritional needs of their diverse clientele. The Spanish supplement consists of Spanish language nutrition and food safety information materials. The Spanish version of the videocassette is available under a separate title, "Nutricion a Traves de la Vida," listed above (Videocassette no.2847).

Vegetarian Diet Supplement Food Package

Life/form replicas; 11 plastic models

Contents: Oatmeal, tossed salad, French dressing (3), whole wheat bread, orange, graham

crackers, and chocolate chip cookie.

Ft. Atkinson, WI: NASCO, 1990.

CALL NO: Model no. 12

Description: This supplements the vegetarian package.

Vegetarian Food Package

Life/form replicas; 34 plastic models

Ft. Atkinson, WI: NASCO, 1990.

Contents: Oatmeal, whole milk, whole banana, whole wheat bread, butter pats, American cheese, orange, orange juice, graham crackers, tossed salad, French dressing, cheese pizza, yogurt, chocolate chip cookie, vegetable soup, saltine crackers, peanut butter on bread, brown rice, broccoli, carrots, yam, bran muffin, and apple.

CALL NO: Model no. 10

Description: This package of vegetarian food models illustrates how to eat a healthy lacto-ovo vegetarian diet and a vegan diet. Sufficient food replicas are provided to show a sample meal plan for each type of vegetarian diet.

WIC: Criando Familias Saludables

(Spanish language “Growing Healthy Families”)

Texas Department of Health, Bureau of Nutrition Services; Arrowhead Film & Video

1 videocassette (1 hr., 48 min.) (VHS)

Austin, TX: Texas Dept. of Health, c1999.

CALL NO: Videocassette no. 2987

Description: A variety of short video segments that discuss eating right and exercising. Safe food handling is also discussed. English language version also available as Videocassette no. 2986.

B. Full-Text Online Items

El Acido Folico

(Spanish language “Folic Acid Fact Sheet”)

March of Dimes

<http://www.nacersano.org/acido.htm>

Description: Explains the importance of folic acid in preventing neural tube defects. Part of the March of Dimes Spanish language web site at <http://www.nacersano.org/>

English language version available at:

<http://www.modimes.org/Programs2/FolicAcid/FASheet.htm>

African American Program

American Diabetes Association

<http://www.diabetes.org/africanamerican/>

Description: Aimed at increasing awareness of diabetes among the African American

Community. Provides information on program activities as well as consumer education materials such as:

Diabetes in African Americans Fact Sheet

<http://www.diabetes.org/africanamerican/diabetesin.asp>

Diabetes Risk Test <http://www.diabetes.org/ada/risktest.asp>

Alimentando a su Bebé con Leche Materna o Biberón

(Spanish language “Feeding Baby With Breast Milk or Formula”)

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/sfeedbby.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/sfeedbby.html>

Description: Discusses benefits of breastfeeding and gives tips for successful breastfeeding.

Also covers selection and safe use of formula. English version available at

<http://www.fda.gov/opacom/lowlit/feedbby.pdf>

Awakening the Spirit: Pathways to Prevention & Control

American Diabetes Association

[http://www.diabetes.org/main/application/commercewf?origin=*.jsp&event=link\(E2_3\)](http://www.diabetes.org/main/application/commercewf?origin=*.jsp&event=link(E2_3))

Description: Aimed at increasing awareness of diabetes among the Native American community.

Beneficios De La Fibra En Los Alimentos

(Spanish language “The Importance Of Fiber In Your Diet”)

Food and Drug Administration

<http://www.fda.gov/opacom/catalog/fiberspa.html>

Description: Discusses the role of dietary fiber in health promotion and disease prevention.

Bi-Lingual Booklets on Cardiovascular Risk Factors

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/prof/heart/latino/lat_8pub.htm

Description: Written especially for Latino families, these bilingual (Spanish and English) booklets explain steps people can take to reduce their risk of having a heart attack or stroke.

Factual information is provided in a friendly style to help the reader dispel some common myths.

Print copies are also available (see the following web pages).

¡Coma menos sal y sodio! (Cut Down on Salt and Sodium)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_salt.htm

¡Conozca su nivel de colesterol! (Learn Your Cholesterol Number)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_chonu.htm

¡Cuide su peso! (Watch Your Weight)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_wt.htm

¡Manténgase activo y siéntase bien! (Stay Active and Feel Better)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_act.htm

¡Póngase en acción—prevenga la alta presión! (Take Steps - Prevent High Blood Pressure)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_hbp.htm

¡Proteja su corazón — baje su colesterol! (Protect Your Heart - Lower Your Blood Cholesterol)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_chol.htm

¡Reduzca la grasa—no el sabor! (Cut Down on Fat - Not on Taste)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_fat.htm

¡Rompa con el hábito de fumar! (Kick the Smoking Habit)

http://www.nhlbi.nih.gov/health/public/heart/other/sp_smok.htm

CACFP Patrones de Comida

(Spanish language “Meal Pattern for USDA’s Child and Adult Care Food Program)

U.S. Department of Agriculture

http://www.nal.usda.gov/childcare/Cacfp/mealpatterns_spanish.html

Description: For day care providers who participate in USDA’s CACFP program, this site provides CACFP meal patterns for infants and children. English version available at

<http://www.nal.usda.gov/childcare/Cacfp/index.html>

Controle su Diabetes

(Spanish language “Control Your Diabetes”)

Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/pubs/pdf/spanish.pdf>

Description: Part of CDC’s Spanish language web site at:

<http://www.cdc.gov/spanish/default.htm>, this 118-page publication discusses various aspects of diabetes control, including diet. See also CDC’s National Hispanic/Latino Diabetes Initiative for Action at <http://www.cdc.gov/diabetes/projects/latino.htm>

Cook’s Corner

Ohio Commission on Minority Health

<http://www.state.oh.us/mih/cooks.htm>

Description: Has popular ethnic dishes that have been modified by dietitians to reduce fat, sugar and/or sodium content.

Cultural Food Pyramids

Southeastern Michigan Dietetic Association

<http://www.semda.org/info/>

Description: Various food guides (in English) based on food preferences and habits of particular groups. Includes recipes.

Arabic Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=1>

Caribbean Islands Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=8>

Cuban Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=25>

Chinese Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=28>

English Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=22>

Indian Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=2>

Italian Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=6>

Irish Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=3>
Japanese Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=10>
Mexican Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=27>
Polish Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=31>
Portuguese Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=16>
Russian Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=30>
Soul Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=7>
Thai Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=4>
Yugoslavian Food Pyramid <http://www.semda.org/info/pyramid.asp?ID=24>

Diabetes Awareness and Education Materials

National Diabetes Education Program

<http://ndep.nih.gov/>

Description: Public service announcements and educational materials for various audiences, including radio scripts, news articles, sample media advisories, videos. Publications may be duplicated for distribution. Print copies may also be ordered.

African American Audience (English)

<http://ndep.nih.gov/conduct/psa-hispam.htm>

<http://ndep.nih.gov/conduct/psa-afamer.htm>

American Indian Audience (English)

<http://ndep.nih.gov/conduct/psa-amerind.htm>

Asian American and Pacific Islander Audiences

(Cambodian, Chinese, Gujarati , Hindi, Hmong, Ilokano, Japanese, Korean, Laotian, Samoan, Tagalog, Vietnamese)

<http://ndep.nih.gov/conduct/psa-aapi.htm>

Hispanic and Latino Audience (Spanish and English language)

<http://ndep.nih.gov/conduct/psa-hispam.htm>

La Diabetes Entre los Latinos

(Spanish language Diabetes in Latinos)

American Diabetes Association

http://www.diabetes.org/main/community/outreach/latinos/la_diabetes_entre_los_latinos.jsp

Description: Aimed at increasing awareness of diabetes among the Latino community.

Diabetes y la Nutrición

(Spanish language Diabetes Nutrition Series)

National Institute of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/index.htm>

Description: Dietary information for those with diabetes. Print copies can also be ordered (see <http://www.niddk.nih.gov/health/diabetes/pubs/dmpubs/dmform.htm>).

Tengo Diabetes: ¿Qué Debo Comer? (I Have Diabetes: What Should I Eat?)

PDF version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/pdf/WhatEatSpanish.pdf>

HTML version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/what/whatspan.htm>

Tengo Diabetes: ¿Cuánto Debo Comer? (I Have Diabetes: How Much Should I Eat?)

PDF version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/pdf/howEatSpanish.pdf>

HTML version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/howmuch/muchspan.htm>

Tengo Diabetes: ¿Cuándo Debo Comer? (I Have Diabetes: When Should I Eat?)

PDF version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/pdf/WhenEatSpanish.pdf>

HTML version: <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/when/whenspan.htm>

Dieta Para un Corazón Saludable

(Spanish language “Eating for a Healthy Heart”)

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/shlyhart.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/shlyhart.html>

Description: Dietary guidelines for reducing risk of coronary disease, in easy-to-read format.

English version available at <http://www.fda.gov/opacom/lowlit/shlyhart.html>

Down Home Healthy Cookin'

National Cancer Institute

http://rex.nci.nih.gov/NCI_PUB_INDEX/downhome/index.html

Description: Provides 12 recipes that are low-fat, high-fiber versions of traditional favorites of African Americans. Each recipe is accompanied by a low-fat cooking tip.

Food Safety Information in Other Languages

FoodSafety.gov

<http://www.foodsafety.gov/~fsg/fsglang.html>

Description: Food safety documents in a variety of languages

Chinese (Traditional) Language Documents <http://www.foodsafety.gov/~fsg/fsgl-zht.html>

Chinese (Simplified) Language Documents

<http://www.foodsafety.gov/~fsg/fsgl-zhs.html>

French Language Documents <http://www.foodsafety.gov/~fsg/fsgl-fr.html>

German Language Documents <http://www.foodsafety.gov/~fsg/fsgl-de.html>

Japanese Language Documents <http://www.foodsafety.gov/~fsg/fsgl-ja.html>

Korean Language Documents <http://www.foodsafety.gov/~fsg/fsgl-ko.html>

Portuguese Language Documents <http://www.foodsafety.gov/~fsg/fsgl-pt.html>

Russian Language Documents <http://www.foodsafety.gov/~fsg/fsgl-ru1.html>

Russian Language Documents <http://www.foodsafety.gov/~fsg/fsgl-ru2.html>

Spanish Language Documents <http://www.foodsafety.gov/~fsg/fsgl-es.html>

Grains Nutrition Information Center, Spanish Language Materials

Wheat Foods Council

<http://www.wheatfoods.org/spanish/index.html>

Description: Materials covering different aspects of the role of grain foods in a healthy diet.

Guía Diaria de Alimentos

(Spanish language “Daily Food Guide Flyer”)

University of Illinois Cooperative Extension Service

http://www.ag.uiuc.edu/~vista/pdf_pubs/FOODGDSP.PDF (PDF file)

Description: Flyer introducing the Food Guide Pyramid. English version available at

<http://www.ag.uiuc.edu/~vista/abstracts/aFOODGIDE.html>

Health Information for Minority Women

The Office on Women’s Health, U.S. Department of Health and Human Services

<http://www.4woman.gov/minority/>

Description: Health information, including general nutrition, diabetes, heart disease, and osteoporosis, geared to African American, American Indian/Alaskan Native, Asian Pacific Islander, and Hispanic/Latina women.

Identification Guide of Vegetables and Herbs and Identification Guide of Exotic Fruits

http://www.aphis.usda.gov/ppq/manuals/pdf_files/Fruits%20and%20Vegetables.pdf (PDF file)

Description: These are sections of *Regulating the Import of Fresh Fruits and Vegetables*, a manual published by USDA’s Animal and Plant Health Inspection Service. The manual covers fruits, vegetables and herbs imported into the U.S. from other countries. Descriptions contain common and scientific names, as well as pictorial identification guides.

Improving Cardiovascular Health in African Americans

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>

Description: Easy-to-read booklets covering control of high blood pressure, cholesterol and weight, as well as physical activity and smoking cessation. Information on ordering print copies is located on the same web page.

Empower Yourself! Learn Your Cholesterol Number

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/empower.htm>

Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/smart.htm>

Protect Your Heart! Prevent High Blood Pressure

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/protect.htm>

Spice Up Your Life! Eat Less Salt and Sodium

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/spice.htm>

Embrace Your Health! Lose Weight If You Are Overweight

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/embrace.htm>

Energize Yourself! Stay Physically Active

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/energize.htm>

Refresh Yourself! Stop Smoking

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/refresh.htm>

Información de Salud en Español

The Young Women's Resource Center, Children's Hospital Boston

<http://www.youngwomenshealth.org/sphealthinfo.html>

Description: Spanish language health information, including nutrition topics, geared to young women.

Integrated Food Safety Information Delivery System

Department of Inspections and Appeals, Iowa

<http://www.profoodsafety.org/>

Description: Has food safety fact sheets for use in food establishments, in 14 languages.

Listeriosis (Spanish language)

Centers for Disease Control

http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis_g_span.htm

Description: Discusses what listeriosis is, what the symptoms are, and how to prevent it. English version available at http://www.cdc.gov/ncidod/dbmd/diseaseinfo/listeriosis_g.htm

Listeriosis y Consejos en la Seguridad de los Alimentos

(Spanish language "Listeriosis and Food Safety Tips")

Food Safety and Inspection Service, United States Department of Agriculture

http://www.fsis.usda.gov/OA/pubs/listeriosis_spanish.htm

Description: Explains what listeriosis is, who is at risk for getting it, and how to prevent it. Also provides contacts for obtaining further information.

Más Vale Prevenir: Que Lamentar, An Ounce of Prevention: A Guide To Heart Health

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/prof/heart/latino/lat_foto.htm

Description: This photonovela, in both Spanish and English versions, is a simple, entertaining, and colorful cartoon style storybook with five brief stories on how to prevent heart disease. Each story includes a workbook segment to help the readers write down their personal pledges to improve their heart health and chart their own progress. Print copies in Spanish can also be ordered (see web site).

Spanish version http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_sp.pdf

English version http://www.nhlbi.nih.gov/health/prof/heart/latino/foto_eng.pdf

Milk Matters Materials and Publications in Spanish

National Institute of Child Health & Human Development

<http://www.nichd.nih.gov/milk/mmpubskey.cfm>

Description: Materials geared towards increasing calcium consumption by children and teens. Print copies can also be ordered (see <http://www.nichd.nih.gov/milk/mmpubskey.cfm>).

La Leche Para la Salud de Sus Hijos (Spanish language "Milk Matters For Your Child's Health" – Parent Brochure)

PDF version: http://www.nichd.nih.gov/milk/mm0108parent_sp.pdf

HTML version: <http://www.nichd.nih.gov/milk/book0108/index.htm>

English version available at <http://www.nichd.nih.gov/milk/mmpubskey.cfm>

Multilingual Cancer Information

American Cancer Society

http://www2.cancer.org/states/index.cfm?id=5&DOC_ID=11460

Description: Links to cancer-related resources in Chinese, Spanish, Vietnamese, Korean, and Tagalog languages.

National Diabetes Information Clearinghouse: Publications Titles

<http://www.niddk.nih.gov/health/diabetes/pubs/dmpubs/dmform.htm>

Description: Publications on various diabetes-related topics geared to African Americans, Hispanic Americans (some in Spanish), and Pima Indians. Print copies can also be ordered (see web site).

Diabetes in African Americans Fact Sheet

<http://www.niddk.nih.gov/health/diabetes/pubs/afam/afam.htm>

Diabetes in Hispanic Americans Fact Sheet

<http://www.niddk.nih.gov/health/diabetes/pubs/hispan/hispan.htm>

The Pima Indians: Pathfinders for Health Booklet

<http://www.niddk.nih.gov/health/diabetes/pima/index.htm>

Diccionario de la Diabetes (Spanish language “Diabetes Dictionary”)

<http://www.niddk.nih.gov/health/diabetes/pubs/dmspn/index.htm>

Diabetes: Consejos Dentales (Spanish language “Diabetes: Dental Tips”)

<http://www.nohic.nidcr.nih.gov/pubs/consejos/consejos.html>

Tengo Diabetes: ¿Cuánto Debo Comer? (Spanish language “I have Diabetes: How Much Should I Eat?”)

<http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/howmuch/muchspan.htm>

Tengo Diabetes: ¿Qué Debo Comer? (Spanish language “I Have Diabetes: What Should I Eat?”) <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/what/whatspan.htm>

Tengo Diabetes: ¿Cuándo Debo Comer? (Spanish language “I Have Diabetes: When Should I Eat?”) <http://www.niddk.nih.gov/health/diabetes/pubs/nutritn/when/whenspan.htm>

Native American Food Guide

Association of American Indian Physicians

<http://www.aaip.com/tradmed/tradmedfoodguide.html>

Description: Adaptation of USDA’s Food Guide Pyramid using modern and traditional Northwest Indian foods (in English).

National Hispanic/Latino Diabetes Initiative for Action Graphic

Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/projects/pdfs/latino.pdf>

Description: Bilingual (Spanish and English) graphic

Nutrición (Nutrition Care)

University of Utah Health Sciences Center

<http://www.med.utah.edu/pated/handouts/categoryspanbackup.cfm?cat=NUTRICION&engcat=Nutrition+Care&patient=>

Description: A variety of Spanish language patient nutrition education materials. PDF versions are also available from web site.

Análisis de Azúcar en la Sangre (Blood Sugar Screen)

<http://www.med.utah.edu/pated/handouts/categoryspanbackup.cfm?cat=NUTRICION&engcat=Nutrition+Care&patient=>

Ayuda para Pacientes con Diabetes Tipo 2: El Comer saludablemente Es Fácil: Nueva Guía para Dieta de Diabetes del Tipo 2 (New Dietary Guidelines For Type 2 Diabetics)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S914>

Ayuda para Pacientes con Diabetes Tipo 2 Mantenerse en Forma es la Clave para Controlar la Diabetes (Keeping Fit Is the Key to Diabetes Control)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S913>

Beneficios del Amamantamiento (Benefits of Breast-Feeding)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=HTS138>

Buena Nutrición Durante el Embarazo (Good Nutrition During Pregnancy)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S441>

Calcio: Haciendo que sus Huesos Valgan (Calcium: Getting Your Bones Worth!)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S909>

Cómo Comer Bien Cuando Ud. Debe Estar en Cama (When You Must Rest In Bed)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S832>

Dieta Alta en Residuos o Alta en Fibras (High Residue or High Fiber Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1522>

Dieta de 2-3 Gramos de Sodio (2-3 Gram Sodium Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S906>

Dieta de Intolerancia a la Lactosa (Lactose Intolerance Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S866>

Dieta de Proteína Controlada (Protein Controlled Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S861>

Dieta para Enfermedades Renales (Diet For Kidney Disease)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S858>

Extracción y Almacenamiento de Leche Materna (Pumping and Milk Storage)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1358>

Fuente de Calcio en su Dieta (Sources of Calcium in Your Diet)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S1277>

Fundamentos de la Pérdida de Peso (Fundamentals of Weight Loss)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S152>

Guía de Alimentos sin Gluten (Gluten-Free Guidelines)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S874>

Ideas Para Comidas y Meriendas Rápidas, Fáciles y Saludables para el Corazón (Ideas For Fast & Easy Heart Healthy Meals and Snacks)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S853>

Mi Planificación Alimenticia (My Meal Planning Guide)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S886>

Nutrición Durante el Embarazo (Nutrition During Pregnancy)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S885>

Pautas para Personas Diabéticas Cuando se Enferman (Sick-Day Guidelines For People with Diabetes) <http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S854>

Sea Responsable por Su Salud (Be Responsible for Your Health)

Substituciones Saludables para el Corazón (Heart Healthy Substitutions)

Una Guía Para Elegir Alimentos Bajos En Grasas Y Colesterol (A Guide to Choosing Low-Fat, Low-Cholesterol Foods)

<http://www.med.utah.edu/pated/handouts/handoutspanbackup.cfm?id=S889>

Nutrition Education for New Americans Project

Georgia State University

<http://monarch.gsu.edu/nutrition/>

Description: Web-based: Bilingual (English and other language) food pyramids and other healthy eating materials for multiple groups. Print sets can also be ordered (see web site).

Amharic <http://monarch.gsu.edu/nutrition/Amharic.htm>

Arabic <http://monarch.gsu.edu/nutrition/Arabic.htm>

Bengali <http://monarch.gsu.edu/nutrition/Bengali.htm>

Bosnian <http://monarch.gsu.edu/nutrition/Bosnian.htm>

Cambodian (Khmer) <http://monarch.gsu.edu/nutrition/Arabic.htm>

Chinese <http://monarch.gsu.edu/nutrition/Chinese.htm>

English <http://monarch.gsu.edu/nutrition/English.htm>

Farsi <http://monarch.gsu.edu/nutrition/farsi.htm>

French <http://monarch.gsu.edu/nutrition/French.htm>

German <http://monarch.gsu.edu/nutrition/German.htm>

Greek <http://monarch.gsu.edu/nutrition/Greek.htm>

Gujarati <http://monarch.gsu.edu/nutrition/Gujarati.htm>

Haitian Creole <http://monarch.gsu.edu/nutrition/Creole.htm>

Hebrew <http://monarch.gsu.edu/nutrition/Hebrew.htm>

Hindi <http://monarch.gsu.edu/nutrition/Hindi.htm>

Hmong <http://monarch.gsu.edu/nutrition/Hmong.htm>

Igbo <http://monarch.gsu.edu/nutrition/Igbo.htm>

Japanese <http://monarch.gsu.edu/nutrition/Japanese.htm>

Korean <http://monarch.gsu.edu/nutrition/Korean.htm>

Kurdish (Bahdiny or Bahdinani)

http://monarch.gsu.edu/nutrition/Kurdish_Bahdini.htm

Kurdish (Sorany or Swrany) http://monarch.gsu.edu/nutrition/Kurdish_Sorani.htm

Laotian <http://monarch.gsu.edu/nutrition/Laotian.htm>

Oromo <http://monarch.gsu.edu/nutrition/Oroma.htm>

Polish <http://monarch.gsu.edu/nutrition/Polish.htm>

Portugese <http://monarch.gsu.edu/nutrition/Port.htm>
Romanian <http://monarch.gsu.edu/nutrition/Romanian.htm>
Russian <http://monarch.gsu.edu/nutrition/Russian.htm>
Somali <http://monarch.gsu.edu/nutrition/Somalian.htm>
Spanish <http://monarch.gsu.edu/nutrition/Spanish.htm>
Swahili <http://monarch.gsu.edu/nutrition/Swahili.htm>
Thai <http://monarch.gsu.edu/nutrition/Thai.htm>
Tigrinian <http://monarch.gsu.edu/nutrition/Tigrinian.htm>
Turkish <http://monarch.gsu.edu/nutrition/Turkish.htm>
Ukrainian <http://monarch.gsu.edu/nutrition/urkran.htm>
Urdu <http://monarch.gsu.edu/nutrition/Urdu.htm>
Vietnamese <http://monarch.gsu.edu/nutrition/Vietnamese.htm>
Yoruba <http://monarch.gsu.edu/nutrition/Yoruba.htm>

Oldways Healthy Diet Pyramids

Oldways Preservation and Exchange Trust

<http://www.oldwayspt.org/>

Description: Healthy eating pyramids (in English) based on Asian, Latin American, Mediterranean, and vegetarian eating patterns. Also has background information.

Pierda Peso sin Riesgo Para la Salud

(Spanish language “Losing Weight Safely”)

Food and Drug Administration

PDF version: <http://www.fda.gov/opacom/lowlit/sweghtls.pdf>

HTML version: <http://www.fda.gov/opacom/lowlit/sweghtls.html>

Description: This brochure gives tips for losing weight and for choosing a weight loss program. English version available at <http://www.fda.gov/opacom/lowlit/weightls.pdf>

Platillos Latinos ¡Sabrosos y Saludables! (Delicious Heart-Healthy Latino Recipes)

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm

Description: This bilingual (Spanish and English) cookbook contains 23 tested recipes that cut down on fat, cholesterol, and sodium but not on taste. Information on ordering print copies is located on the same web page.

El Primer Año del Bebe

(Spanish language “Parenting: The First Year”)

University of Wisconsin Extension Service

<http://www.uwex.edu/ces/flp/parenting/epadb.html>

Description: Describes developmental stages including feeding issues.

Recipe of the Week

Indian Health Service Diabetes Program

<http://www.ihs.gov/MedicalPrograms/Diabetes/RecipeWeek.asp>

Description: Healthy versions of Native American favorites and other recipes. Includes nutrient analysis.

Sample Reduced-Calorie Menus

National Heart, Lung, and Blood Institute

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm

Description: Part of NHLBI's Aim for a Healthy Weight web site at http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm, these provide examples of 1200 and 1600 calorie menus using foods familiar to various groups.

Asian-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/asian.htm

Southern Cuisine http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/southern.htm

Mexican-American Cuisine

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/mex_amer.htm

La Seguridad En El Manejo De Alimentos

(Spanish Language "Safety in Food Handling" Series)

National Network for Child Care

<http://www.nncc.org/Nutrition/sp.nutr.page.html>

Description: Practical food safety information for those involved in child care.

Sisters Together: Move More, Eat Better

National Institute of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov/health/nutrit/sisters/sisters.htm>

Description: This program was designed to encourage African American women aged 18 to 35 to control their weight by increasing physical activity and eating healthy foods. Program guide and materials are available on the web site.

Spanish Language Food and Nutrition Materials

NOAH: New York Online Access to Health

<http://www.noah-health.org/spanish/wellness/nutrition/spnutrition.html>

Description: Over 100 educational materials covering a wide variety of basic and therapeutic nutrition and food safety topics. Materials include those developed by NOAH.

Su Corazón Su Vida: Manual Del Promotor Y Promotora De Salud

(Spanish language "Your Heart Your Life: A Lay Health Educator's Manual")

National Heart, Lung, and Blood Institute

http://rover.nhlbi.nih.gov/health/prof/heart/latino/lat_mnl.htm

Description: A comprehensive culturally appropriate, user friendly 9-lesson course on heart-health education for the Latino community. Filled with skill-building activities, reproducible handouts, and idea starters. English version and print copies are also available (see web site.)

IV. Additional Contacts and Sources of Information

Agricultural Communications Video Marketplace: Videos in Spanish

College of Agriculture and Home Economics at New Mexico State University

Gerald Thomas Hall, Room 285

Las Cruces, NM 88003

Phone: (505) 646-5368

Fax: (505) 646-2702

Web site: <http://www.cahe.nmsu.edu/pubs/videos/spanish.html>

Description: Has Spanish language nutrition education videos which can be ordered.

Alphabetical List of Spanish Publications

Food and Drug Administration

Web site: <http://www.fda.gov/opacom/catalog/spanlist.html>

Description: Listing of Spanish language health brochures which can be ordered (see <http://www.fda.gov/opacom/catalog/order.html> for ordering instructions,) as well as links to some full-text documents (listed above).

Altschul Group Corporation/United Learning

1560 Sherman Ave. Suite 100

Evanston, IL 60201

Phone: 800-323-9084 or 847-328-6700

Fax: 847-328-6706

Email: info@unitedlearning.com

Web site: <http://www.agcmedia.com/>

Description: Produces a number of Spanish language food and nutrition videos and curricula which can be ordered.

American Dietetic Association

216 W. Jackson Blvd., Suite 800

Chicago, IL 60606-6995

Phone: (800) 366-1655

Fax: (312) 899-1739

Web site: <http://www.eatright.org/catalog>

Description: Has several Spanish language nutrition education booklets and brochures for consumers which can be ordered. Online catalog available at <http://www.eatright.org/catalog/brochures.html>

California Adolescent Nutrition and Fitness (CANFit) Program

2140 Shattuck Ave., Suite 610

Berkeley, CA 94704

Phone: 510- 644-1533

Fax: 510-644-1535

Web site: <http://www.canfit.org/>

Description: Program's goal is to engage communities, and build their capacity to improve the nutritional status and physical fitness of California's low-income, African American, Latino, Asian/Pacific Islander, and American Indian youth between the ages of 10 and 14. Materials can be ordered.

Channing L. Bete Company

200 State Road

South Deerfield, MA 01373-0200

Phone: (800) 477-4776

E-mail: custsvcs@channing-bete.com

Web site: <http://www.channingbete.com/>

Description: Has some Spanish language nutrition and health education pamphlets which can be ordered.

Child Care Nutrition Resource System

<http://www.nal.usda.gov/childcare/>

Description: A specialty site of USDA's Food and Nutrition Information Center web site, this has several pages with resources and links for day care providers serving various groups.

Recipe Roundup page <http://www.nal.usda.gov/childcare/Recipes/index.html>

Useful Links page <http://www.nal.usda.gov/childcare/Links/index.html>

Consumer Nutrition Hotline

American Dietetic Association

Phone: (800)366-1655

Description: Listen to food and nutrition messages recorded by a registered dietitian in English or Spanish from 8:00 AM to 8:00 PM Central Time, Monday through Friday.

Cooperative Extension Publications Catalog

University of Wisconsin-Extension

Cooperative Extension Publications

45 N. Chester Street

Madison, WI 53715

Phone: (877) 947-7827

Fax: (608) 265-8052

Web site: <http://extremist.uwex.edu:80/ces/pubs/catalog2000.pdf>

Description: The Home and Family section of the catalog lists a number of Spanish language nutrition and food safety publications which can be ordered.

County and State Cooperative Extension Services Internet Links

University of Illinois Extension

Web site: <http://www.urbanext.uiuc.edu/Netlinks/ces.html>

Description: Provides Internet links to many State Cooperative Extension Service web sites. These sites may contain information appropriate for use with and by various ethnic and cultural audiences.

**Family, Consumers and Nutrition Products, Agricultural and Natural Resources
Communications Services**

University of California

6701 San Pablo Ave.

Oakland, CA 94608

Phone: (800) 994-8849

Fax: (510) 643-5470

Web site: <http://anrcatalog.ucdavis.edu/merchant.ihtml?id=85&step=2>

Description: Has a number of nutrition and food safety publications and videos in various languages, including Cambodian, Chinese, Hmong, Laotian, Spanish, and Vietnamese. Materials can be ordered.

The Food and Nutrition Information Center Web Site

<http://www.nal.usda.gov/fnic/>

Description: A leader in professional and consumer food and nutrition information, the FNIC web site has several pages which list resources for or about various cultural and ethnic groups, including:

Ethnic/Cultural Food Guide Pyramid page

<http://www.nal.usda.gov/fnic/etext/000023.html#xtocid2381818>

Ethnic and Cultural Resources page <http://www.nal.usda.gov/fnic/etext/000010.html>

Food and Nutrition Resource List for Native Americans

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/98na-am.html>

International Nutrition Sites page

<http://www.nal.usda.gov/fnic/etext/000039.html#xtocid2381833>

Food Safety Education Materials in Languages Other Than English

USDA/FDA Foodborne Illness Education Information Center

<http://www.nal.usda.gov/foodborne/fbidb/forlang.shtml>

Description: Excerpted from The Foodborne Illness Educational Materials Database which lists food safety materials for consumers and food workers along with ordering information. Includes materials in Arabic, Bengali, Chinese (Cantonese and Mandarin), Creole, Danish, Dutch, French, French Canadian, German, Greek, Gujarati, Hindi, Hungarian, Italian, Japanese, Korean, Laotian, Navajo, Polish, Portuguese, Punjabi, Russian, Serbo-Croatian, Spanish, Swedish, Tagalog, Tamil, Thai, Turkish, Urdu, Vietnamese, Welsh.

FoodShapes: Art and Design Catering to the Food Business

43 Fairmount Avenue,

Somerville MA 02144.

Phone: (617)666-1846

Fax: (617)666-1846

E-mail: info@foodshapes.com

Web site: <http://www.foodshapes.com/>

Description: Source of clip art and customized graphics of food and food labels, including ethnic foods such as foods from Mexico and Hispanic countries of Latin America and the Caribbean. Materials can be ordered.

Hawaii Department of Health Nutrition Program

1250 Punchbowl St.

Honolulu, HI 96826

Phone: (808) 586-4671

Fax: (808) 586-4670

E-mail: nutrition@mail.health.state.hi.us

Web site: <http://www.hawaii.gov/health/resource/nutrition.html>

Description: Provides information about programs and publications geared to improving the nutritional health of the people of Hawaii.

Health Promotion Council of Southeastern Pennsylvania

260 South Broad Street

Philadelphia, PA 19102

Phone: (215) 731-6150

Fax: (215) 731-6199

E-mail: hpcpa@phmc.org

Web site: <http://www.hpcpa.org/>

Description: Has a variety of low-literacy health and nutrition education materials in English, Spanish and a selection of Asian languages, which can be ordered.

Krames Health and Safety Education

1100 Grundy Lane

San Bruno, CA 94066-3030

Phone: (800) 333-3032

E-mail: email@krames.com

Web site: <http://www.krames.com/>

Description: Has a large number of Spanish language nutrition and health education pamphlets which can be ordered.

InJoy Videos

435 Yarmouth, Suite 102

Boulder, CO 80304

Phone: 303-447-2082 and 800-326-2082

Fax: 303-449-8788

E-mail: custserv@injoyvideos.com

Web site: <http://www.injoyvideos.com/>

Description: Has a number of Spanish language pregnancy-related videos which can be ordered.

March of Dimes Birth Defects Foundation

1275 Mamaroneck Avenue

White Plains, NY 10605

Phone: (914) 428-7100, (800) 367-6630 (multiple copies)

Fax: (914) 428-8203

Web site: <http://www.modimes.org> Spanish language Web site: <http://www.nacersano.org/>

Description: Has a number of Spanish language nutrition education materials on pregnancy-related topics which can be ordered.

National Heart, Lung, and Blood Institute Health Information Center

P. O. Box 30105

Bethesda, MD 20824-0105

Phone: (301) 592-8573

Fax: (301) 592-8573

E-mail: NHLBInfo@rover.nhlbi.nih.gov

Web site: <http://email.nhlbihin.net/> (for catalog)

Description: Online catalog of heart health materials which can be searched by audience (including African Americans, American Indians and Alaskan Natives, Asian Americans and Pacific Islanders, and Latinos) as well as by subject and format. Some materials are available online (described above) and some must be ordered.

Office on Minority Health Resource Center

P.O. Box 37337

Washington, D.C. 20013-7337

Phone: (800) 444-6472

Fax: (301) 230-7198

TDD: (301) 230-7199

Web site: <http://www.omhrc.gov/OMHRC/index.htm>

Description: The center collects and distributes information on a wide variety of health topics related to American Indian and Alaska Native, African American, Asian American and Pacific Islander, and Hispanic populations. Information resources on minority health include databases (funding, media, research, data, and listings of volunteer resource persons) as well as customized searches, scientific reports, journals, and documents.

Sweet Success: California Diabetes and Pregnancy Program

Loma Linda University Medical Center

Phone: (858) 467-4990

Fax: (858) 467-4993

Web site: <http://www.llu.edu/llumc/sweetsuccess/>

Description: Sweet Success aims to improve pregnancy outcomes for women with pre-existing diabetes and gestational diabetes. Has educational materials in Spanish, Cambodian, Chinese,

Hmong, Korean, Laotian, and Vietnamese. Materials can be ordered.

Spanish Language for Health Care Professionals

The University of Arizona College of Medicine, Rural Health Office

2501 E. Elm Street

Tucson, AZ 85716

Phone: (520) 626-7946 Ext. 130

Fax: (520) 326-6429

E-mail: jyandow@rho.arizona.edu

Web site: <http://www.rho.arizona.edu/spanish/>

Description: Offers Intensive Medical Spanish Language and Cultural Workshops in a number of cities in the U.S.

Spanish Language Materials

Oregon State University Extension & Experiment Station Communications

422 Kerr Administration Building

Corvallis, OR 97331

Phone: 541-737-2513

E-mail: evie.liss@orst.edu

Web site: <http://eesc.orst.edu/tango/pubsearch/1000.qry?function=search>

Description: Has a number of Spanish language materials on food preparation, preservation and storage which can be ordered. Some are available in full-text versions on the web site.

Programa para Aprender Nutricion y Alimentacion (PARA)

University of Connecticut Cooperative Extension System and the Hispanic Health Council, Inc.

c/o CT Family Nutrition Program

Dept. pf NUSC, U-17

Storrs, CT 06269

Phone: (860) 486-3635

Fax: (860) 486-3674

E-mail: lphillip@canr1.cag.uconn.edu

Web site: <http://www.hispanichealth.com/pana.htm>

Description: This nutrition education program targets low-income Latino families living in Hartford, Connecticut and has developed a number of bilingual nutrition education materials including a Puerto Rican food guide pyramid, a food label education piece, a coloring book, and a breastfeeding fotonovela. Materials can be ordered.

Utah Department of Health Primary Care, Rural and Ethnic Health Division

Web site: http://www.health.state.ut.us/primary_care/ethnichealth.html

Description: Has nutrition and health education pamphlets in Cambodian, Chinese, Farsi, Hmong, Japanese, Korean, Laotian, Romanian, Russian, Samoan, Samolian, Spanish, Tagalog, Thai, Tongan, and Vietnamese. The order form can be found at

http://www.health.state.ut.us/primary_care/pdfs11-00/EthnicHealthResourceOrderForm.pdf

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National Agriculture Library
Beltsville, Maryland 20705
OF-214, BUEBEC
Issued by Internal Unit 1300



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